

A Week of the Hard Voice

A week of noting when the harsh voice shows up and what set it off.

WHEN TO USE THIS

Keep this somewhere you can reach. Fill in a row when you notice it.

One line a day is plenty. If you miss a day, pick it back up the next one.

Each time you catch the voice, write a line.

DAY	WHAT SET IT OFF	WHAT IT SAID

Looking at the week, when does it show up most?

What was different about the quietest day?

A pattern is easier to answer back than a bad afternoon.