

What Set It Off, What Helped

Match what starts it up against what actually settles it back down.

WHEN TO USE THIS

Use this after a few rough days, once you can look back with a clear head.

From the last few times: what set it off, and what helped after?

WHAT SET IT OFF

WHAT HELPED

Which thing on the right side works most often?

What did you try that did nothing? You can stop doing that one.

How much say do you feel you have in this right now?

0	1	2	3	4	5	6	7	8	9	10
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None Quite a bit

Two columns, honestly filled in, beat a hundred theories about why.