

Riding the Wave

2. Describe the rise or escalation of the feeling to its peak intensity. What was happening with you as it became more intense?

1. What seemed to trigger the feeling?

At its most intense, what were you feeling?	What thoughts did you have? What was your mind saying to you or picturing?
What reactions did you notice in your body?	What did you feel pushed to do?

4. What did you do?

6. When you look back at this situation, what was happening *before* you had the intense feeling? What factors (situations, thoughts, activities) set the stage for the intense feeling or contributed to your reaction?

5. What did you do afterwards? How difficult was it to move forward with your day?

