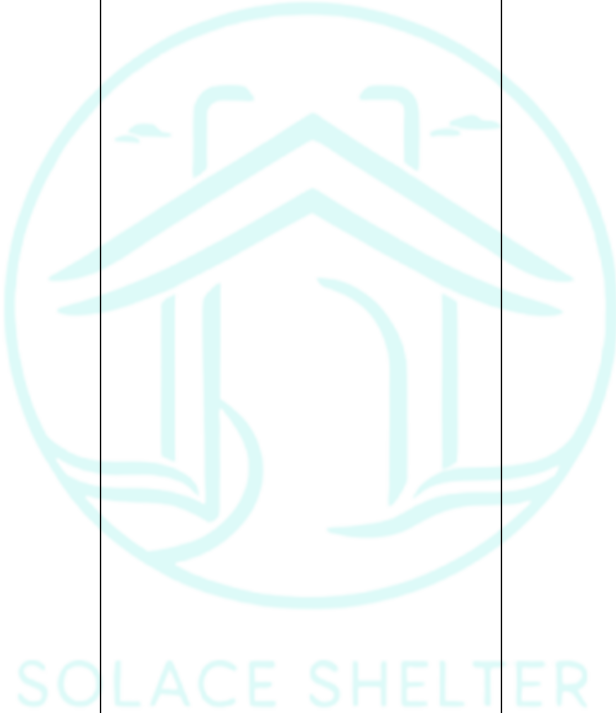


## VITALITY VS. SUFFERING DIARY

Between now and the next session, keep a record of what you do when painful thoughts and feelings arise, and notice if these actions lead to increased vitality or increased suffering.

Painful Thoughts/ Feelings/ Urges/ Sensations/ Memories that showed up today	Things I did- when those thoughts and feelings showed up- that led to vitality (that is, expanded or enriched my life, or improved my health, well- being or relationships)	Things I did- when those thoughts and feelings showed up- that lead to SUFFERING (that is, restricted or worsened my life, or hurt my health, well0being or relationships)
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