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| **Chart for Exercise 5**  **Taking the Edge Off**  (*Developing Habits for Relationship Success v. 5.0)*  **Name:**   **Date:** | | |
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| **Challenging Incident #1** | | |
| In the space below, briefly describe the situation that triggered the negative feeling(s),  and when/where it happened. | | |
|  | | |
|  | | In the space to the left, list the negative feeling(s) that  you were having (frustration, anxiety, anger, etc.). |
| Below, summarize the possible explanation you came up with that  didn’t cast yourself or others in a negative light. | | |
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| **Challenging Incident #2** | | |
| In the space below, briefly describe the situation that triggered the negative feeling(s),  and when/where it happened. | | |
|  | | |
|  | | In the space to the left, list the negative feeling(s) that  you were having (frustration, anxiety, anger, etc.). |
| Below, summarize the possible explanation you came up with that  didn’t cast yourself or others in a negative light. | | |
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| **Challenging Incident #3** | | |
| In the space below, briefly describe the situation that triggered the negative feeling(s),  and when/where it happened. | | |
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|  | | In the space to the left, list the negative feeling(s)  that you were having (frustration, anxiety, anger, etc.). |
| Below, summarize the possible explanation you came up with that  didn’t cast yourself or others in a negative light. | | |
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| **Challenging Incident #4** | | |
| In the space below, briefly describe the situation that triggered the negative feeling(s),  and when/where it happened. | | |
|  | | |
|  | | In the space to the left, list the negative feeling(s)  that you were having (frustration, anxiety, anger, etc.). |
| Below, summarize the possible explanation you came up with that  didn’t cast yourself or others in a negative light. | | |
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| Thoughts about today’s practice session(s): |  | |