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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 thatdidn’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. |
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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 thatdidn’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 thatdidn’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. |
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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 thatdidn’t cast yourself or others in a negative light. |
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| Thoughts about today’s practice session(s): |  |