Discomfort log

"You learn something every day if you pay attention." — Ray LeBlond

Notice when you become uncomfortable (in a state of "dis-ease"). Using the grid below or in a notebook or journal, write down at least 5 times per day that this happens. Record for 2 days (consecutive days are not necessary).

Each time, observe the underlying cause of your discomfort. Label it either Craving (wanting), Aversion (avoidance), or Delusion (a false idea).

Examples include (but are not limited to):

- *I can quit anytime I want. One cigarette is not going to make a difference.* (Delusion)
- *Just finished dinner and want to vape.* (Craving)
- *It's been a tough day. I don't have the energy to track urges in my trigger log.* (Aversion)

Is this is a recurring discomfort? If so, is it ignored or cared for? If the latter, how is it cared for?

How does this form of care affect your mind/body health? For example, is a chronic headache taken care of with aspirin?

Discomfort	Label (Craving/ Aversion/Delusion)	Ignored or cared for?	What did you do?

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Emotions

Sometimes, simply saying "angry" or "sad" doesn't do a good job of describing an emotion. Here's a list that can help you identify your emotions using a broader vocabulary.

- ☐ Angry
- ☐ Annoyed
- ☐ Anxious
- ☐ Awkward
- ☐ Betrayed
- ☐ Bitter
- ☐ Bored
- ☐ Combative
- ☐ Confused
- ☐ Defeated
- ☐ Distraught
- ☐ Exhausted
- ☐ Foolish
- ☐ Frantic
- ☐ Frustrated
- ☐ Guilty
- ☐ Hate
- ☐ Helpless
- ☐ Horrible
- ☐ Hurt
- ☐ Hysterical
- ☐ Ignored
- ☐ Imposed upon
- ☐ Infuriated
- ☐ Jealous
- ☐ Lazy
- ☐ Left out
- ☐ Lonely
- ☐ Low
- ☐ Longing
- ☐ Mad
- ☐ Mean
- ☐ Miserable
- ☐ Nervous
- ☐ Outraged
- ☐ Overwhelmed
- ☐ Pain
- ☐ Pressured
- ☐ Rage
- ☐ Rejected
- ☐ Sad
- ☐ Screwed up
- ☐ Spiteful
- ☐ Stupid
- ☐ Tense
- ☐ Threatened
- ☐ Tired
- ☐ Trapped
- ☐ Troubled
- ☐ Ugly
- ☐ Uneasy
- ☐ Unsettled
- ☐ Violent
- ☐ Vulnerable
- ☐ Weepy
- ☐ Worried
- ☐ Sorrowful

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