

The Three-Line Stress Log

One week. Thirty seconds an entry. Read it back on the seventh day.

How to use it

- 1 Each time pressure rises, write three things: what happened, how you felt, what you did.
 - 2 Thirty seconds. No analysis, no judgment, no editing.
 - 3 At the end of the week, read the entries in one sitting.
 - 4 Look for one repeating situation, one returning feeling, and one response you want to change.
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Entry 1

Entry 2

Entry 3

Entry 4

Entry 5

Entry 6

Entry 7
