

## TICES LOG

Date	Trigger	Image	Cognition (Beliefs/Thoughts)	Emotions	Sensations in the Body	Behavioral Responses	SUDS 0-10	Coping Skills Used
	The situation that activated the response.	What image represents the worst part of the Trigger?	Negative belief about self	E.g. fear, worry, dread, anger, etc.	E.g. tightness in the chest, lump in the throat, etc.	Response during that experience?	Level of distress 0 (neutral) 10 (very strong)	Safe/Calm place, walking, meditation, talking to a friend?