

Allies in Change  
Journal

Name \_\_\_\_\_ Today's date \_\_\_\_\_ Date of event \_\_\_\_\_

1. Event/situation \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
2. Physical intensity signs \_\_\_\_\_
3. Behavioral intensity signs \_\_\_\_\_
4. Emotions \_\_\_\_\_
5. Highest intensity during situation \_\_\_\_\_ Intensity at beginning of situation \_\_\_\_\_
6. How much of my intensity was due to this specific situation? \_\_\_\_\_
7. Negative self-talk \_\_\_\_\_  
\_\_\_\_\_
8. Abusive/controlling behaviors (if none, skip to the other side) \_\_\_\_\_  
\_\_\_\_\_
9. What did I want to make the other person do, feel, or think? \_\_\_\_\_  
\_\_\_\_\_
10. Beliefs that justified my abusive/controlling behaviors \_\_\_\_\_  
\_\_\_\_\_
11. How did my abuse/control affect others \_\_\_\_\_  
\_\_\_\_\_
12. How did my abuse/control affect others who were present \_\_\_\_\_  
\_\_\_\_\_
13. What role did my past abuse/control of that person play in this situation \_\_\_\_\_  
\_\_\_\_\_
14. What did I gain from my behavior \_\_\_\_\_  
\_\_\_\_\_
15. What did I lose from my behavior \_\_\_\_\_  
\_\_\_\_\_

Continued on other side

16. What did I want in this situation\_\_\_\_\_

17. What did the other person/people want in this situation\_\_\_\_\_

18. Positive self-talk\_\_\_\_\_

19. Non-abusive/non-controlling beliefs\_\_\_\_\_

20. How did I meet my needs in this situation\_\_\_\_\_

21. How did I consider the needs of others in this situation\_\_\_\_\_

22. My experience of the situation:

I feel\_\_\_\_\_

when\_\_\_\_\_

I would like\_\_\_\_\_

and I will\_\_\_\_\_

23. What, if anything, I would like to do differently next time\_\_\_\_\_