



DISPUTE DIARY

This will help build your evidence base for serenity and stability. Write down every time you have a specific concern (with date) and then come back to the diary a month later to contrast your anticipation of what would happen with how things transpired.

BEFORE EVENT	AFTER EVENT	WHAT HAS CHANGED?
	1 DAY, 1 WEEK , 1 MONTH, 6 MONTHS LATER	
<p>What is your anxiety about:</p> <p>And what consequences do you predict in your worst fears it will have?</p> <p><i>Add flesh to the bones: where, when, who, why do you think this?</i></p> <p>How bad do you think your anxiety about this is? (1-10)</p> <p>How bad do you anticipate your level of distress because of your anxiety? (1-10)</p>	<p>Write down how events actually unfolded in reality</p> <p><i>Add detail, nuance and perspective.</i></p> <p><i>How did this compare with your worst fears?</i></p> <p><i>Rate how distressing your anxiety actually was (1-10)</i></p> <p><i>How did you tolerate that anxiety?</i></p> <p><i>And then what happened?</i></p>	<p>What was different?</p> <p>What have you learned?</p> <p>What distinctions can be made?</p> <p>What do you need to remember in the future?</p> <p>Read this and remember this before your next event - you can take this with you!</p>

Date:		
Date:		
Date:		

Date:

Date:

Date:

Date:

Date:

--	--	--