

NAME:

Phoenix, Arizona
YOUNG ADULT PROGRAM
DEMANDING SITUATION

DATE:

DEMANDING SITUATION
(When, where, who, what and how demanding on a scale of 1-10)

SELF-TALK/IMAGERY
(What you say to yourself, ask yourself, or imagine to yourself)

PHYSICAL SENSATIONS/ FEELINGS
(Heart rate, breathing, body temperature, muscle tension, vibrations, pressure, moisture, etc.)
RATE AROUSAL (1-10)

ACTIONS
(What you do, what you say to others)

CONSEQUENCES
(What happened as the result of your actions?)

-		
+		
-		
+		
-		
+		

- = Behaviors which result in you feeling uncomfortable + = Behaviors which increase your comfort