

### VITALITY VS. SUFFERING DIARY

Between now and next session, keep a record of what you do when painful thoughts and feelings arise, and notice if these actions lead to increased vitality or increased suffering

Painful Thoughts/ Feelings/ Urges/ Sensations/ Memories that showed up today	Things I did - when those thoughts and feelings showed up - that lead to <b>VITALITY</b> (i.e. enriched my life, or improved my health, wellbeing, or relationships in the long term)	Things I did - when those thoughts and feelings showed up - that lead to <b>SUFFERING</b> (i.e. restricted or worsened my life, drained my health and wellbeing, or hurt my relationships in the long term)