



Martin
Psychological
Services

Monitoring Yourself Journal

Name :



MONITORING YOURSELF GUIDE

Self monitoring will always be key when it comes to your mental health journey. It is important to know what your baseline is so that you are aware when a scenario, a person, or an environment is contributing to you deterring from your healthy baseline.

Self monitoring will help you identify and understand your triggers, provide you with greater insight, prevent escalation to greater issues, and support your overall wellbeing.

Regularly checking in with yourself will also help you track your progress during your healing journey. This is incredibly important to help you measure the effectiveness or ineffectiveness of your treatments

Name :





MONITORING YOURSELF GUIDE

Goal:

To be able to monitor your body and identify the emotions, feelings, and thoughts associated with that physical response.

When to Key In:

Every time you have an emotion, a physiological response is connected to that, such as increased heart rate, sweating, fidgeting, etc. Key into these responses

What to Inspect:

Take a minute to think of the following things whenever you experience an emotion

- Your environment
- The people around you
- How you are feeling (good vs bad)
- Identify the range of emotions





Monitoring Yourself Guide

EMOTIONS AND BODILY SENSATIONS

(What did you feel? How did your body react? Rate the intensity of your feeling 1-10)

.....

.....

SITUATION

(Where were you? Who were you with? What were you doing?)

.....

.....

THOUGHTS

(What was going on through your head when you felt these emotions?)

.....

.....

CHANGE

(If you could, what would you change?)

.....

.....

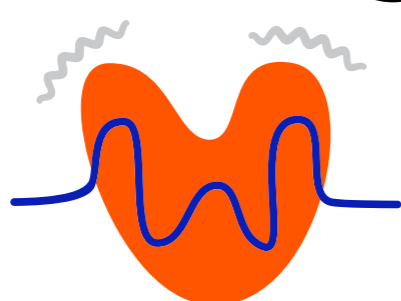
Rate Your Reaction
○ ○ ○ ○ ○






MONITORING YOURSELF GUIDE


Try to be your own scientist, take the time to think about what's going on when you feel a certain way in your body.
Here are some things to think of-



Is my heart racing?



Am I breathing quickly?




Am I holding tension in my body?



Is my jaw clenched?




Am I sweating?




Am I shaking?



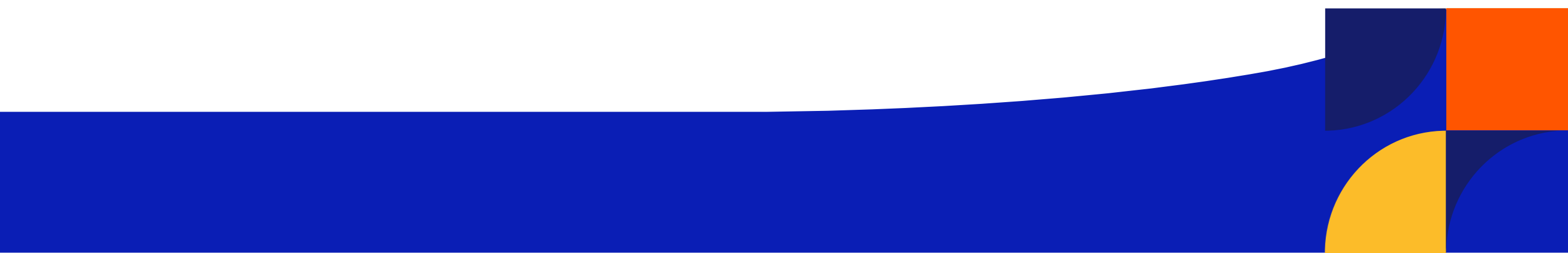
Do i feel flushed?



Do I feel light headed?



Do I feel a hot or cold flash?





MONITORING YOURSELF GUIDE


Try to be your own scientist, take the time to think about what's going on when you feel a certain way in your body.
Here are some things to think of-




Is my stomach hurting?




Does my mouth feel dry?



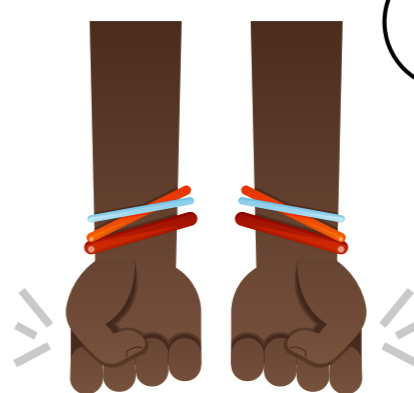
Do I have a headache?



Am I frowning



Are my shoulders up to my ears?

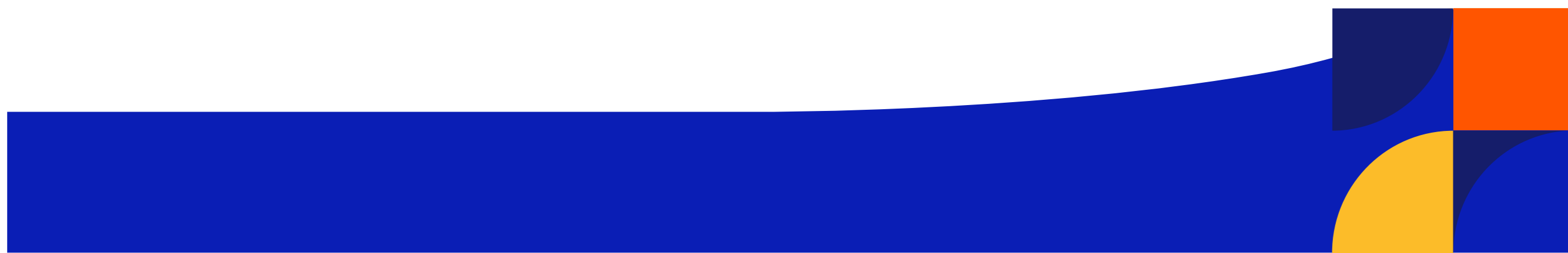


Are my hands balled into fists?

Additional symptoms

Additional symptoms

Additional symptoms





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