



## **“Emotional Overwhelm” Incident Report**

**OBJECTIVE:** *The goal of this activity is to help you deal with the instances of emotional overwhelm. When you use this template, your reaction to events and people in life will become less and less automatic, and you will find yourself less reactive and more productive with the negative emotions that usually create a lot of obstacles in your life.*

**Instructions:** Print out at least three copies of this form. For the purpose of this exercise, fill out one copy, using any recent experience that fits the example, and send to me. (As a reference, see my example below). All this week, if you feel overwhelmed (i.e. distracted, upset, confused, worried, or even excited – to the point where you have trouble concentrating on your tasks for more than a few minutes) by something that shows up in your life. The “trigger” for feeling overwhelmed might be:

- A comment someone makes, regardless of whom it was directed toward
- A random thought or feeling that hits you out of the blue
- Something you read about or see on television, etc.
- Anything else that provokes you to “go off task”

<b>Emotional Overwhelm Incident Report</b>	
<b>Time and Date</b>	
<b>Description of Incident</b>	
<b>Immediate External Reaction (how you behaved outwardly)</b>	
<b>Immediate Internal Reaction (how you felt in the moment)</b>	
<b>In what way(s), if any, did incident affect you negatively?</b>	
<b>In what way(s), if any, did incident affect you positively?</b>	
<b>What methods did you use to mentally “process” incident?</b>	
<b>How long did it take you to process incident and what did it “cost” you?</b>	



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