## NOT WHETHER, BUT HOW

TRIGGER: \_\_\_\_\_\_

DIMENSION	Q1	Q2	Q3	Q4
FREQUENCY (1 TO 10)				
INTENSITY (1 TO 10)				
DURATION (1 TO 10)		01.	MA	
DIRECTION (X OR O)		Ull		
POSITIVE EVENTS		COUN	SELING	5
NEGATIVE EVENTS				
OTHER NOTES				

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