

# NOT WHETHER, BUT HOW

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

<b>DIMENSION</b>	<b>Q1</b>	<b>Q2</b>	<b>Q3</b>	<b>Q4</b>
<b>FREQUENCY (1 TO 10)</b>				
<b>INTENSITY (1 TO 10)</b>				
<b>DURATION (1 TO 10)</b>				
<b>DIRECTION (X OR O)</b>				
<b>POSITIVE EVENTS</b>				
<b>NEGATIVE EVENTS</b>				
<b>OTHER NOTES</b>				