

### Log for Triggers for Anger or Numbing Experiences

Briefly describe the incident.	What you did you feel during the incident? What were you doing or sensing during it?	What you felt immediately prior to the anger or numbing or both?	Memory from your past (if possible) that reminds you of a similar time.	What you feel now about your behavior or what you wished you would have done	Time lapse for recovering sense of self