

	Party	Prompt	Motive	Current Feelings	Actual Deed	Party's Reaction	Subsequent Feelings	Thoughts/Expectation
12:00 AM								
1:00 AM								
2:00 AM								
3:00 AM								
4:00 AM								
5:00 AM								
6:00 AM								
7:00 AM								
8:00 AM								
9:00 AM								
10:00 AM								
11:00 AM								

Date \_\_\_\_\_

	Party	Prompt	Motive	Current Feelings	Actual Deed	Party's Reaction	Subsequent Feelings	Thoughts/Expectation
12:00 PM								
1:00 PM								
2:00 PM								
3:00 PM								
4:00 PM								
5:00 PM								
6:00 PM								
7:00 PM								
8:00 PM								
9:00 PM								
10:00 PM								
11:00 PM								

**Party:** self or third party name

**Prompt:** call, email, text, visit, grocery shopping, a request, offer a ride,

**Motive:** to feel accepted, good deed, return a favor, check in, fear, sense of obligation, to exercise control over party, to be noticed, personal gain

**Current Feelings:** eager, exasperated, happy, angry, impatient, anxious

**Actual Deed:** call, email, text, visit, grocery shopping (also list any actual change from prompt)

**Party's Reaction:** grateful, entitled, indebted,

**Subsequent Feelings:** regret, happy, angry, impatient, relief, sad, disgust, loved, surprised

**Thoughts/Expectation:** what did you expect?

**Note:** These are only examples. You may enter your own descriptions