



**Experience Tracking Sheet (Client takes sheet home, and brings to each session)**

Client: \_\_\_\_\_

Week Beginning: \_\_\_\_\_

*Examples of experiences that could be tracked: anger outbursts, dissociative episodes, emotional flooding, panic attacks, self-injury, substance use or process addictions.*

<b>Experience</b>	<b>Sun</b>	<b>Mon</b>	<b>Tue</b>	<b>Wed</b>	<b>Thur</b>	<b>Fri</b>	<b>Sat</b>
<i>Example: Anger outbursts</i>							
<i>Frequency (per day)</i>	<i>0</i>	<i>0</i>	<i>1</i>	<i>0</i>	<i>1</i>	<i>1</i>	<i>0</i>
<i>Duration (in minutes)</i>			<i>10</i>		<i>25</i>	<i>5</i>	
<i>Intensity (0-10)</i>			<i>6</i>		<i>3</i>	<i>9</i>	

<b>Experience</b>	<b>Sun</b>	<b>Mon</b>	<b>Tue</b>	<b>Wed</b>	<b>Thur</b>	<b>Fri</b>	<b>Sat</b>
1.							
<i>Frequency (per day)</i>							
<i>Duration (in minutes)</i>							
<i>Intensity (0-10)</i>							

*Notes for Experience 1:*

<b>Experience</b>	<b>Sun</b>	<b>Mon</b>	<b>Tue</b>	<b>Wed</b>	<b>Thur</b>	<b>Fri</b>	<b>Sat</b>
2.							
<i>Frequency (per day)</i>							
<i>Duration (in minutes)</i>							
<i>Intensity (0-10)</i>							

*Notes for Experience 2:*

<b>Experience</b>	<b>Sun</b>	<b>Mon</b>	<b>Tue</b>	<b>Wed</b>	<b>Thur</b>	<b>Fri</b>	<b>Sat</b>
3.							
<i>Frequency (per day)</i>							
<i>Duration (in minutes)</i>							
<i>Intensity (0-10)</i>							

*Notes for Experience 3:*