

Shadow Work Journal Prompts

SHADOW WORK JOURNAL PROMPTS

Record one entry per line, as close to the event as possible. Bring the completed log to your next appointment.

Name: _____ Date completed: _____ dd / mm / yyyy
 Date of birth: _____ dd / mm / yyyy Record / MRN number: _____
 Recorded by: _____ Period covered: _____

SHADOW WORK LOG

Complete one row per entry. Record intensity (0-10) at the time it is observed rather than from memory.

Date: _____ dd / mm / yyyy Time: _____
 Situation / trigger: _____ Intensity (0-10): _____
 Notes / action taken

Date: _____ dd / mm / yyyy Time: _____
 Situation / trigger: _____ Intensity (0-10): _____
 Notes / action taken

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 Situation / trigger: _____ Intensity (0-10): _____
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 Situation / trigger: _____ Intensity (0-10): _____
 Notes / action taken

Date: _____ dd / mm / yyyy

Time: _____

Situation / trigger: _____

Intensity (0-10): _____

Notes / action taken

Date: _____ dd / mm / yyyy

Time: _____

Situation / trigger: _____

Intensity (0-10): _____

Notes / action taken

Date: _____ dd / mm / yyyy

Time: _____

Situation / trigger: _____

Intensity (0-10): _____

Notes / action taken

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Notes / action taken

Date: _____ dd / mm / yyyy

Time: _____

Situation / trigger: _____

Intensity (0-10): _____

Notes / action taken

Date: _____ dd / mm / yyyy

Time: _____

Situation / trigger: _____

Intensity (0-10): _____

Notes / action taken

Date: _____ dd / mm / yyyy

Time: _____

Situation / trigger: _____

Intensity (0-10): _____

Notes / action taken

Patterns noticed over this period

Questions for the next appointment