'emotional colouring in' exercise record

See the *'Emotional colouring in' exercise instructions* sheet for how to do this exercise. Please try to write pretty much every day for a couple of weeks. Take approximately 3 minutes for each of the two sections. It's fine to write a bit longer if you want to. Write on paper or use a keyboard, whichever is easiest for you. Write assuming that you won't show what you've written to anyone else. You might later choose to share some or all of what you've written with a friend, partner or therapist … but it's entirely up to you. Sometimes sharing can yield additional benefits on top of gains from solo writing. First choose an experience in the last 24 hours that has been somewhat difficult for you. If there are particular personal problem areas that you are working on, then try fairly frequently to choose examples from these themes. They might be times when, for example, you felt depressed, anxious or angry. Then after 3 or so minutes, switch and write for a similar length of time about something you've felt grateful for in the previous 24 hours. Remember this is an emotional discrimination training where you also aim to express deeply & intensely what you remember feeling. After doing this practice for a couple of weeks, feel free to continue using the exercise occasionally (maybe once or twice weekly). You can also focus on experiences further back in time, or even imagined experiences in the future that you're daunted by or are looking forward to. You can also later expand the time given to the writing (for example for particular trauma processing) and you can try as well transferring this solo exercise into a talking/listening *'Affect dyad'* exercise.

extremely low discrimination/intensity   *extremely high discrimination/intensity*

1	2	3	4	5	6	7	8	9	10

	time in minutes	discrimination 1-10	intensity 1-10	personal themes? other comments/learnings?
day 1				
day 2				
day 3				
day 4				
day 5				
day 6				
day 7				
day 1				
day 2				
day 3				
day 4				
day 5				
day 6				
day 7				