

Jot down the times and events that you find yourself in an unhappy state. Refer back to these notes to determine what times and events make you unhappy and begin to consider alternatives.

Unhappiness Journal

Time:                      Date:                      Unhappiness level: (lowest) 1 2 3 4 5 (highest)

Point that I found myself expressing or feeling unhappiness:

Reason I think this makes me upset:

Unhappiness Journal

Time:                      Date:                      Unhappiness level: (lowest) 1 2 3 4 5 (highest)

Point that I found myself expressing or feeling unhappiness:

Reason I think this makes me upset:

Unhappiness Journal

Time:                      Date:                      Unhappiness level: (lowest) 1 2 3 4 5 (highest)

Point that I found myself expressing or feeling unhappiness:

Reason I think this makes me upset: