Journalling

 AFTER EACH EPISODE ANSWER THE FOLLOWING QUESTION

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| What **circumstances** triggered the episode? |  |
| What did you **think** and **believe** that lead to doing the act? |  |
| What did you **feel and desire** before going down the trail?  |  |
| What **motivated** you? Why did you do it?  |  |
| What did you **do** and whatWere you **committed** to when you did it? |  |