

Your CBT-I Journal

A companion to the Sleep Well Workbook.

Joseph Pannell

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Your CBT-I Journal

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Thank you for buying Your CBT-I Journal.

It has been designed to be filled in and used in conjunction with 'The Sleep Well Workbook' and contains all 8 - 10 weeks of written exercises, blank sleep scheduling diaries, ground work exercises, beliefs about sleep scale ...

Each stage of the course lasts for two weeks. However, if you would like to extend it, I have included additional sleep window and sleep scheduling worksheets at the back.

Let's do this!



Groundwork



GETTING CLEAR: EXAMPLE



Step 1

What behaviour would I like to change?

I would like to get up at the same time every single day.

Step 2

What pain do I associate with getting up at the same time every day?

Setting an alarm and getting up when I haven't slept well is hard, and it doesn't feel good. It is hard to leave a warm bed and push away the possibility of sleep in the short term as it will mean that I may be tired, stressed and anxious during the day.

Step 3

What pleasure have I had in the past by sleeping in late?

If I didn't sleep well, and I slept in late that meant that I could catch up on sleep and feel less stressed and anxious during the following day.

Also, I tend to sleep much better in the morning than early on in the night, and this is when I get my best sleep, so it would be lovely to just stay there if I am asleep.

Step 4

What will it cost me in the long term if I don't change this behaviour?

I will continue to have insomnia. I won't engage in my life fully, and I will continue to see

the bed as a place of fear and worry. It will steal from me my enjoyment of the day, and of the night.

Step 5

What pleasure will I gain over the long term if I wake up at the same time every day?

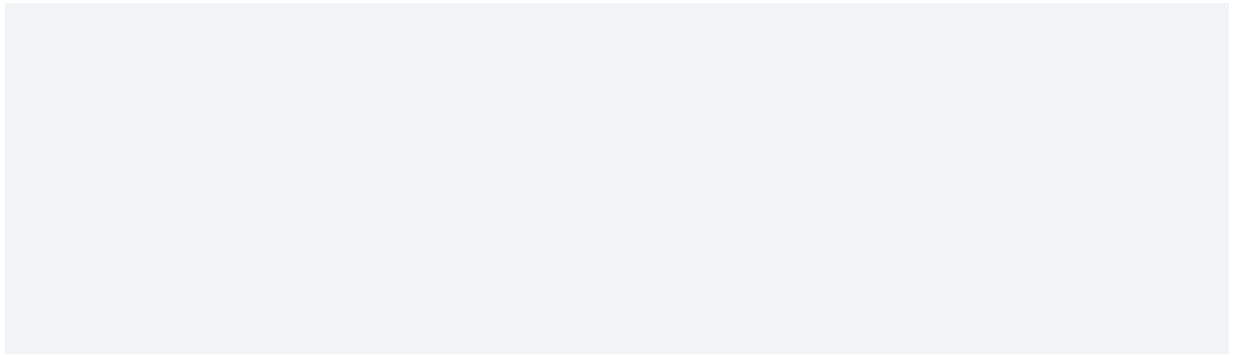
Waking up at the same time every single day is the most important, evidence-based cure for insomnia. If I were to cure my insomnia over the long term, I would no longer feel anxious and stressed at night-time and no longer spend hours and hours in bed forcing, fighting and pleading with sleep. It would give me an escape from all of that.

I would take on more challenges, live more fully, start doing all the things I love again. I would have better relationships, and it would have a massive positive impact on everyone else around me in my life. I would no longer worry about doing the things I love during the day and in the evenings because I fear it will impact my sleep over the short term. I could use the mornings to go running, go surfing, do yoga with Adrienne, take the dog out and watch the sunrise, which would set me up for a wonderful day. If I were to change this one habit, I would be healthy, happy and strong and it would change my entire life for the better.

Getting clear

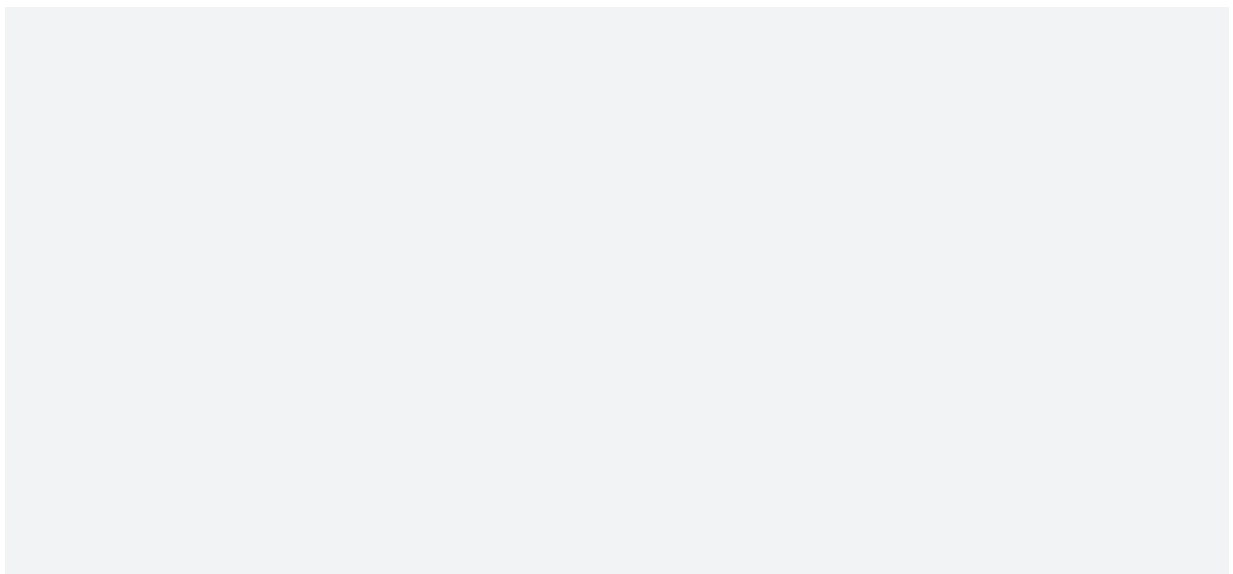
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What behaviour would I like to change?



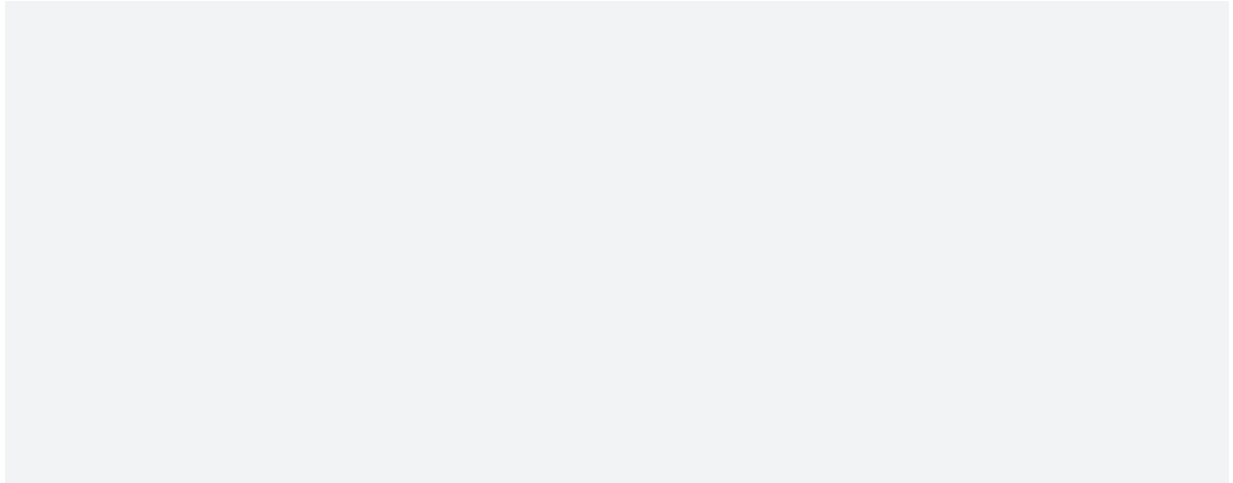
Step 2

What is the pain associated with taking this action and changing this behaviour?

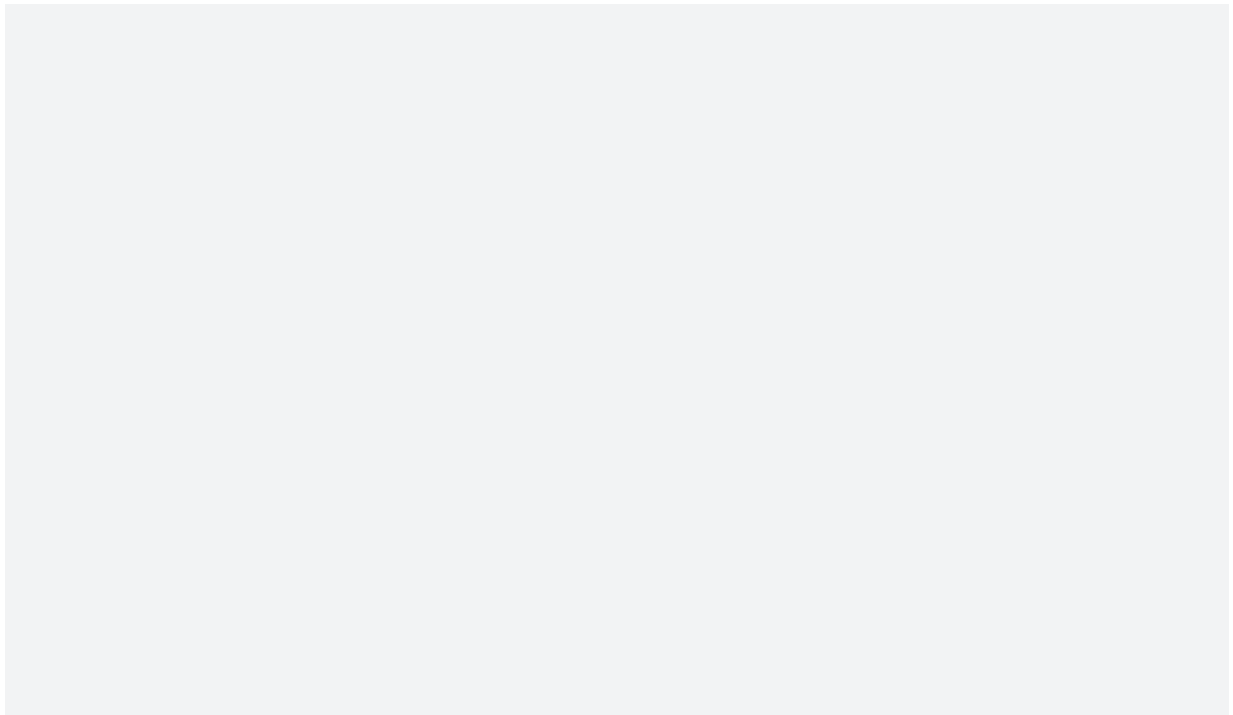


Step 3

What pleasure have I got in the past by continuing this behaviour?

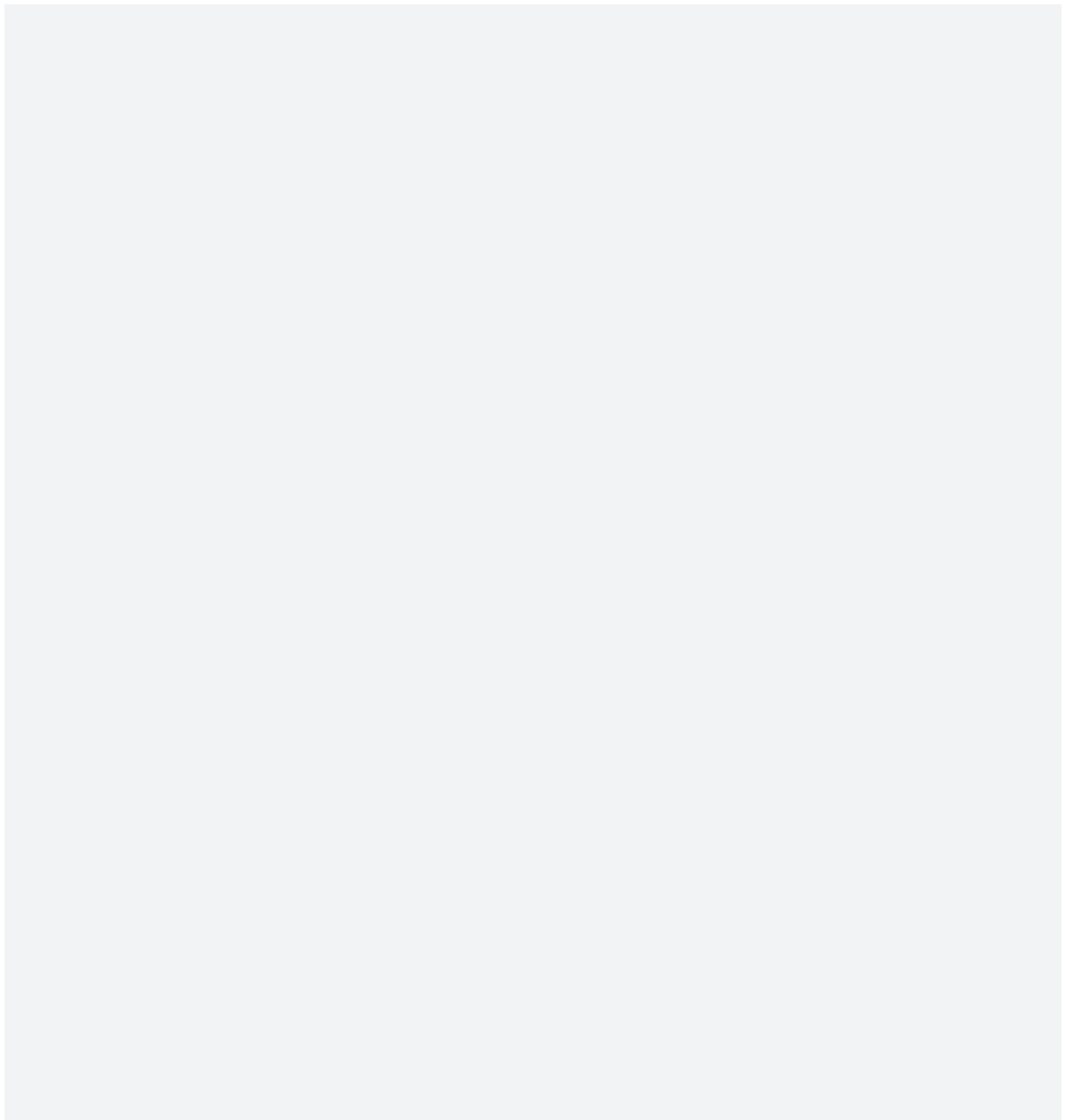
**Step 4**

What will it cost me over the long term if I don't change this behaviour?



Step 5

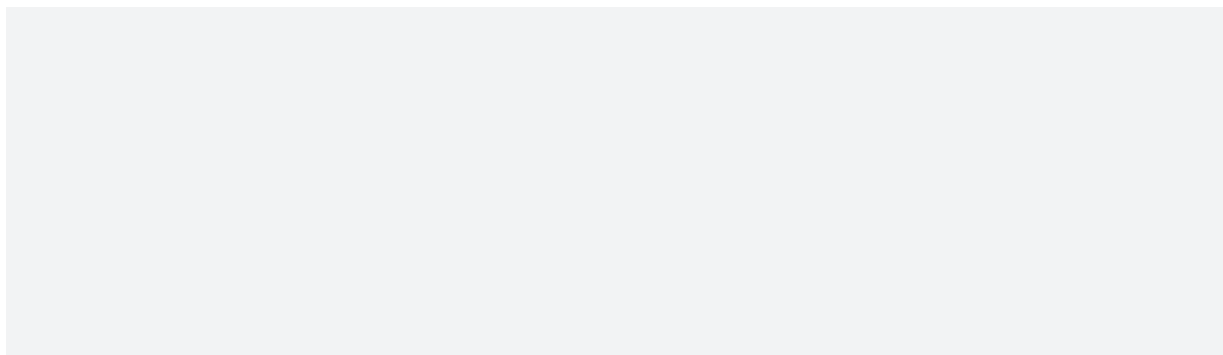
What pleasure will this new behaviour give me? And what will I gain from doing it over the long term?



Getting clear

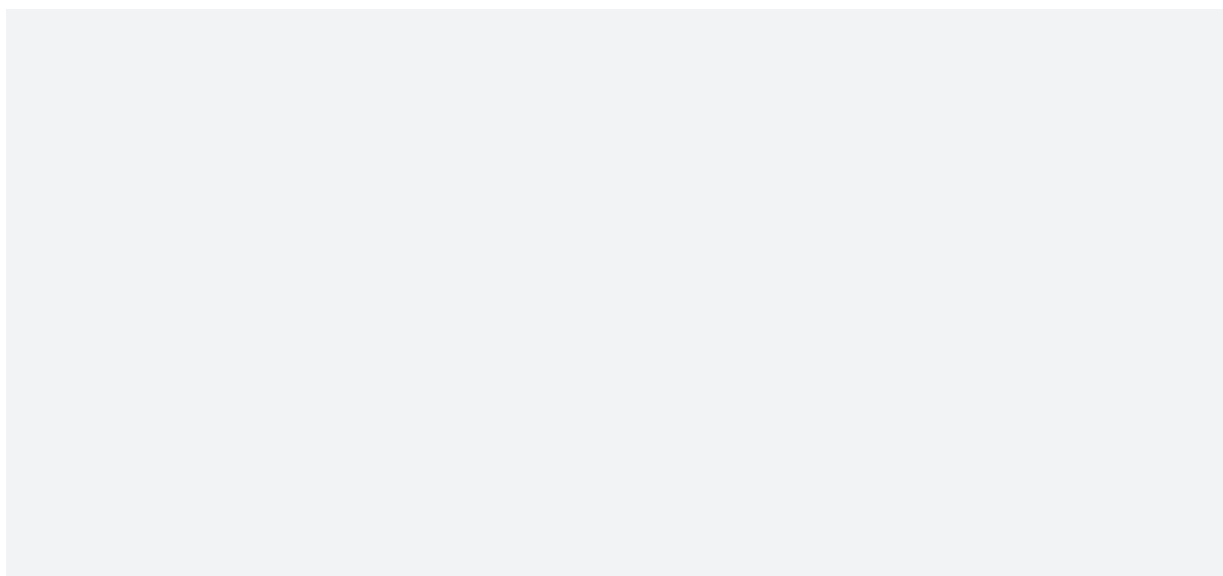
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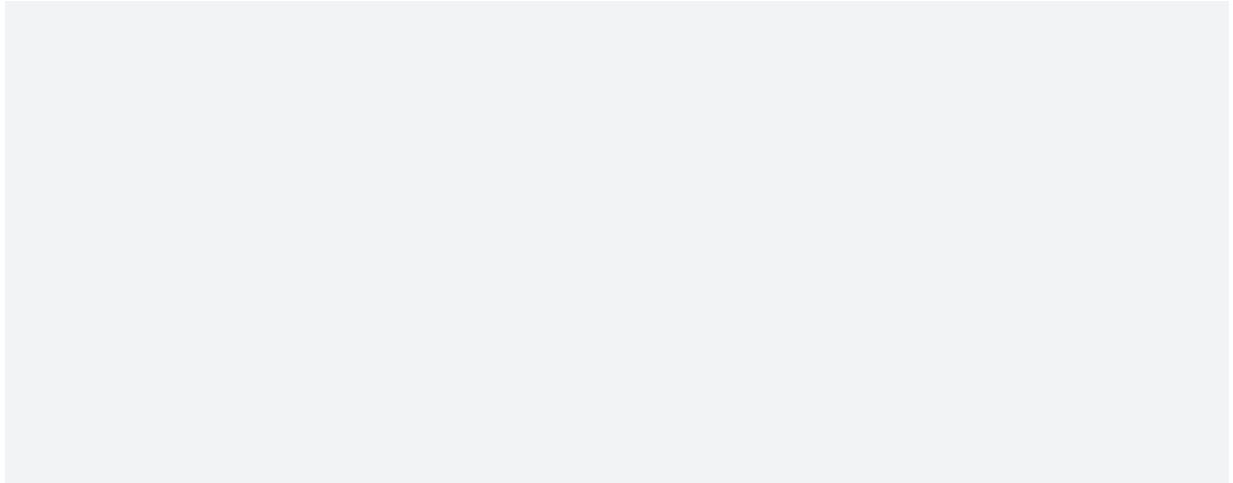
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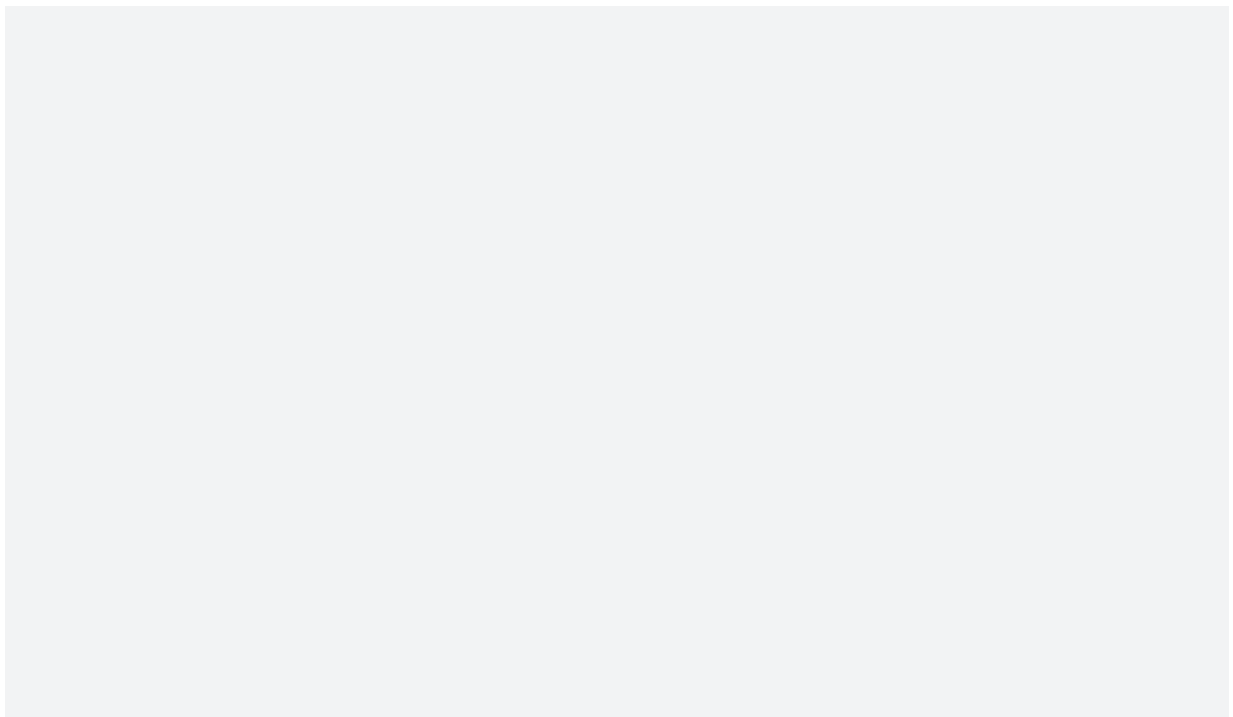
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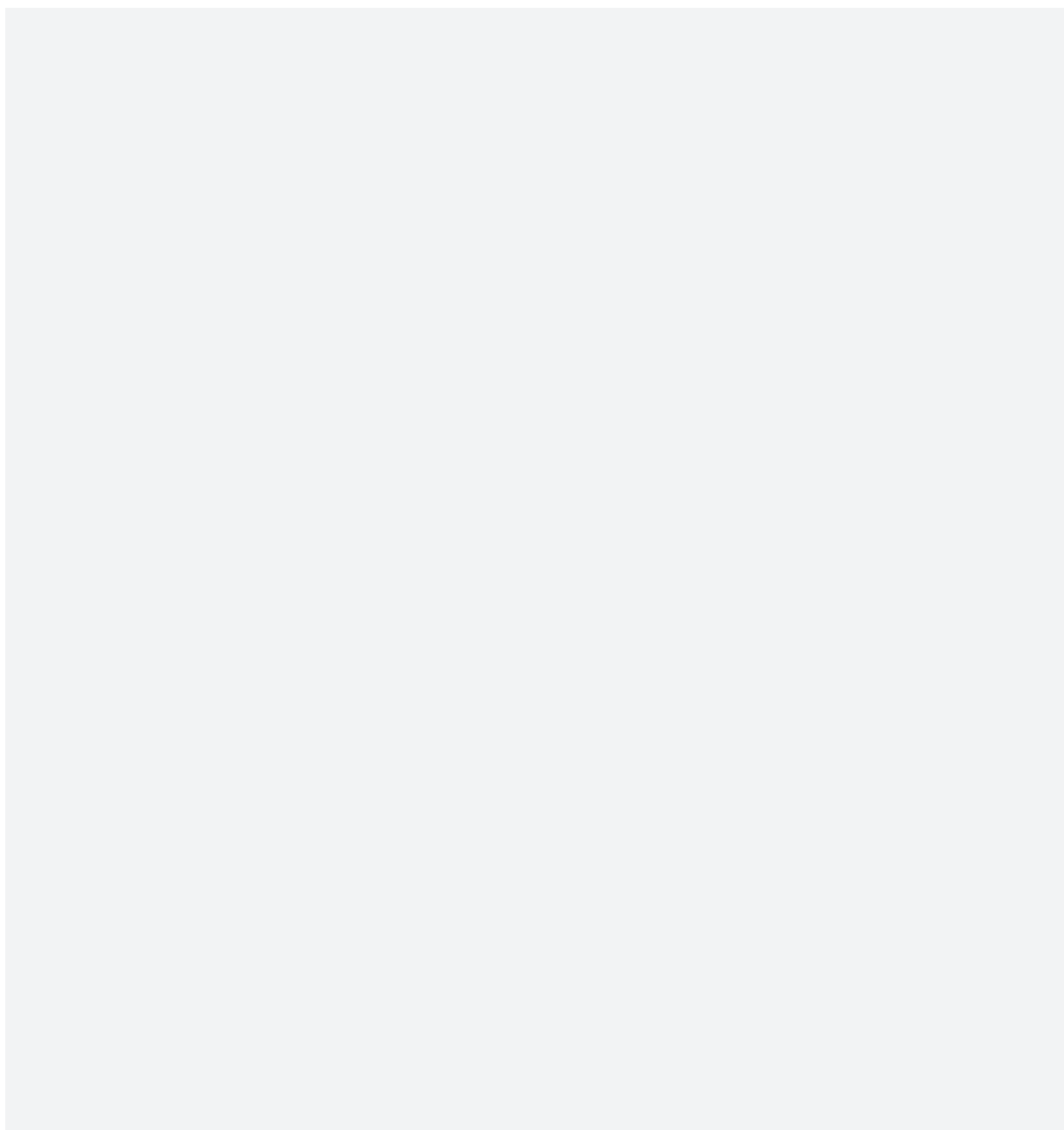
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Step 5

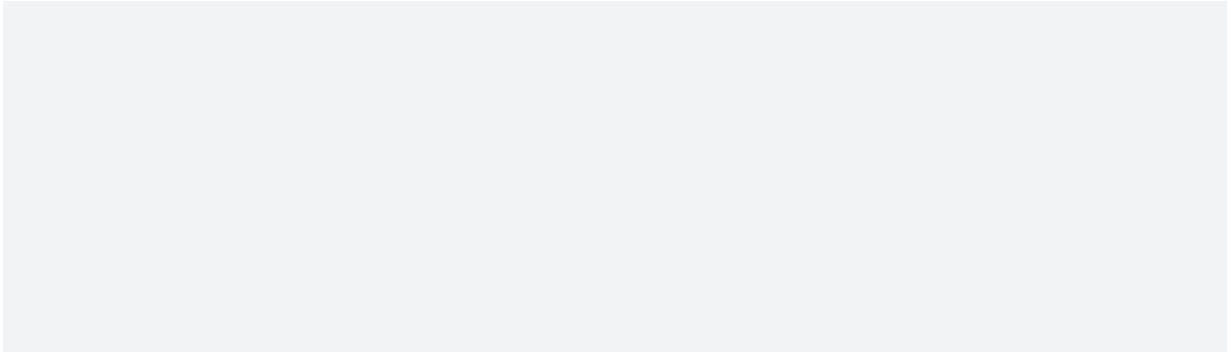
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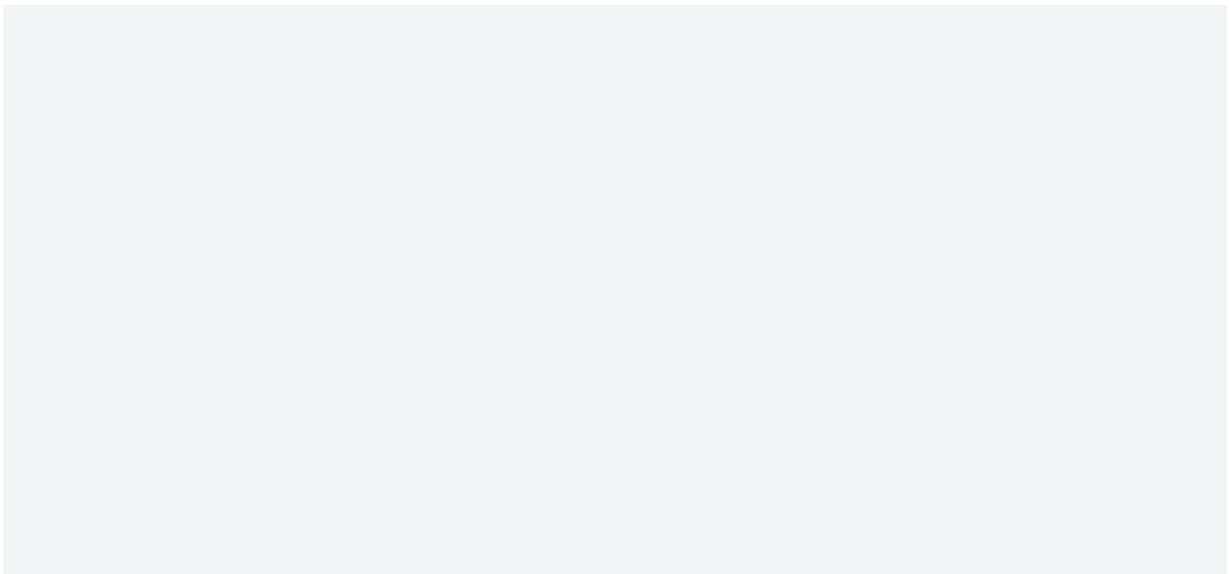
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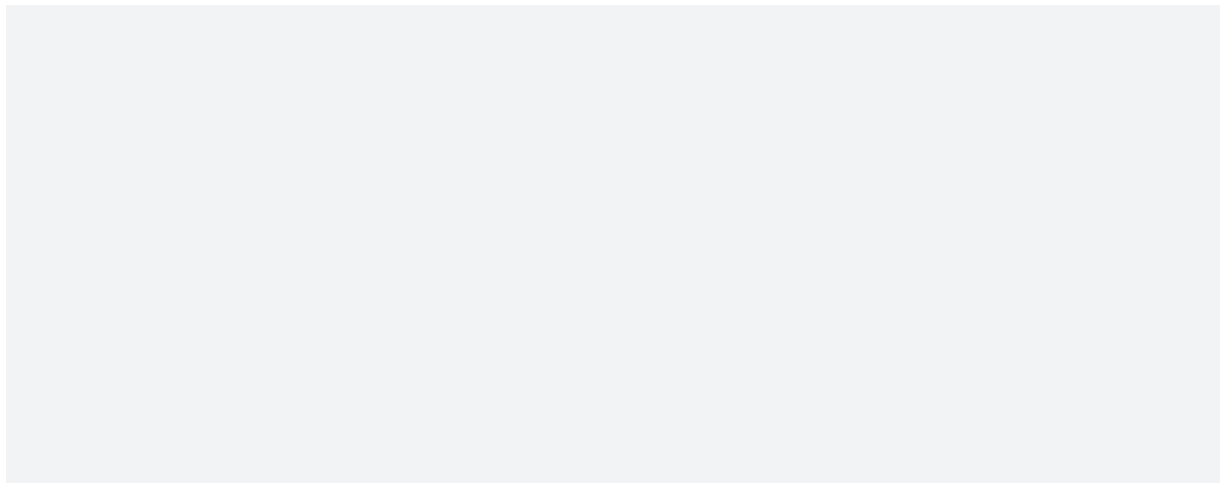
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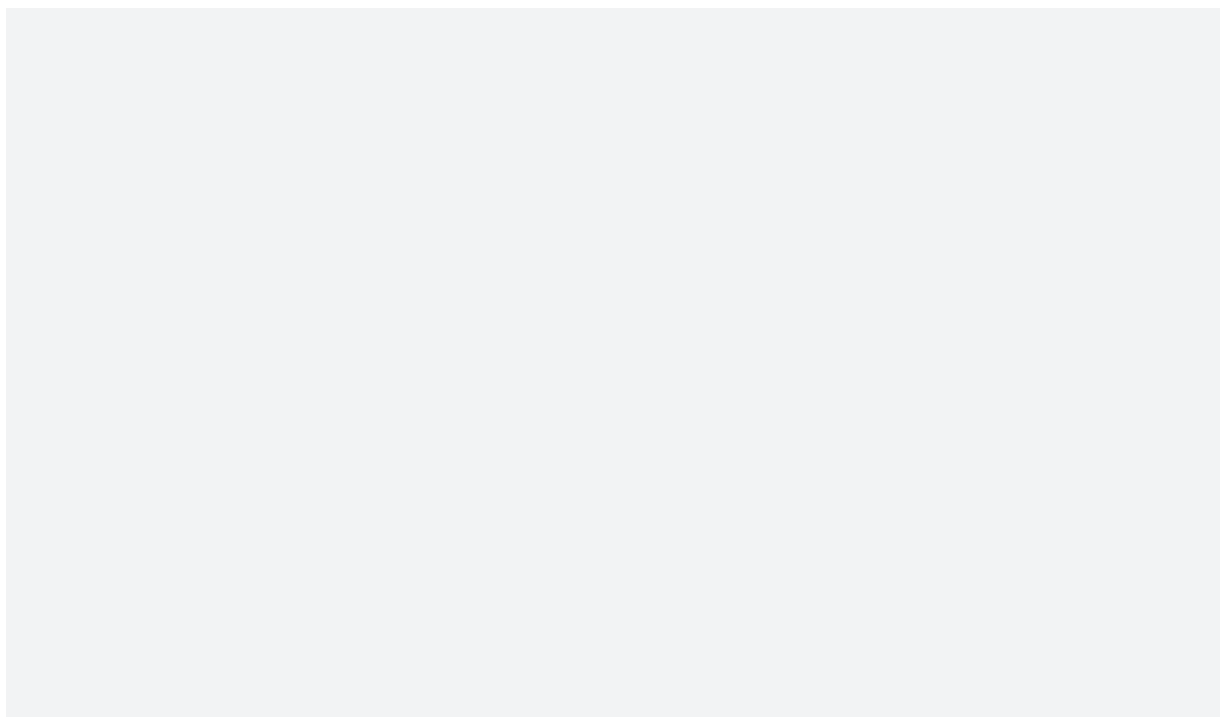


Step 3

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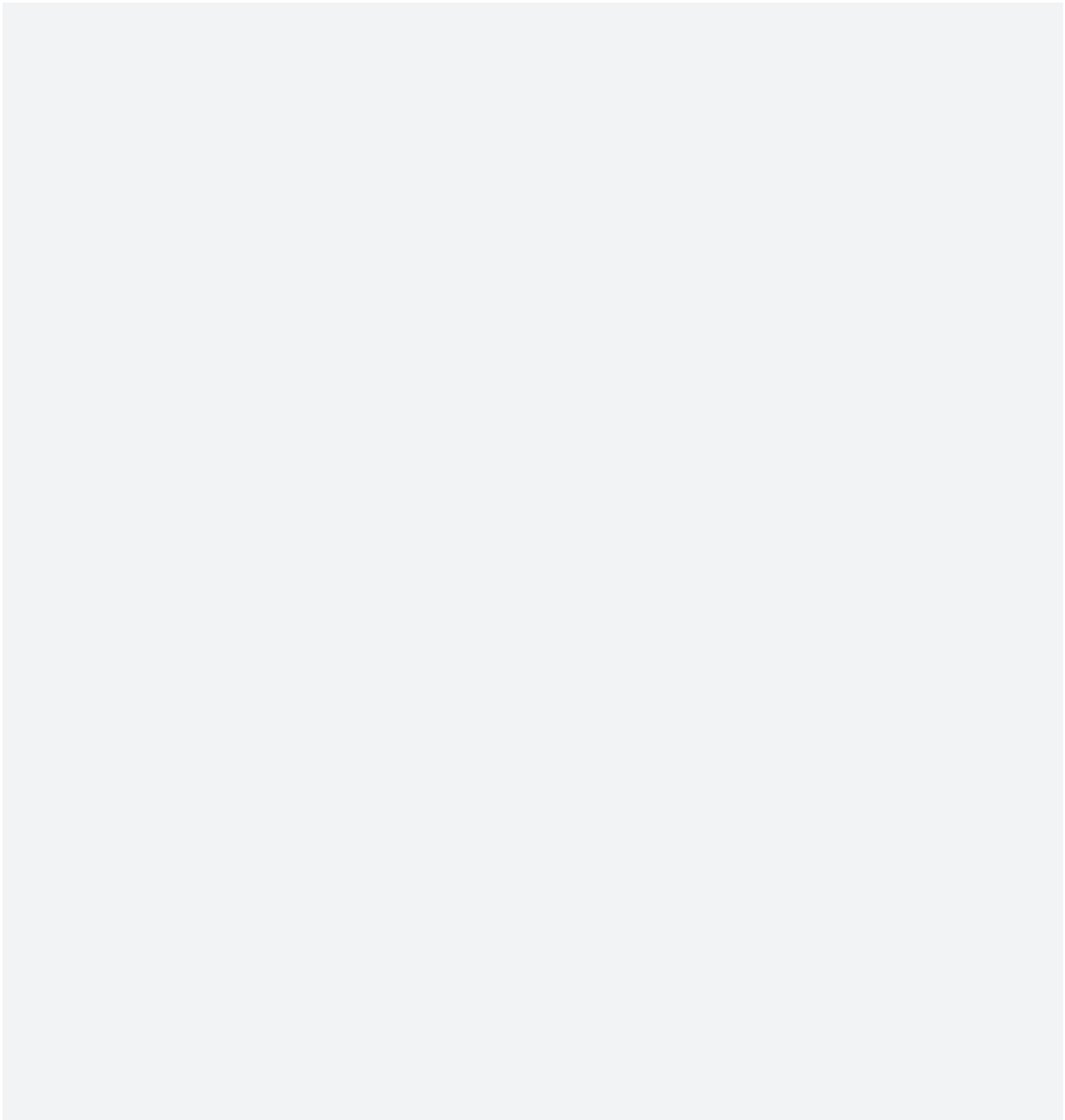
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What will it cost me over the long term if I don't change this behaviour?



Step 5

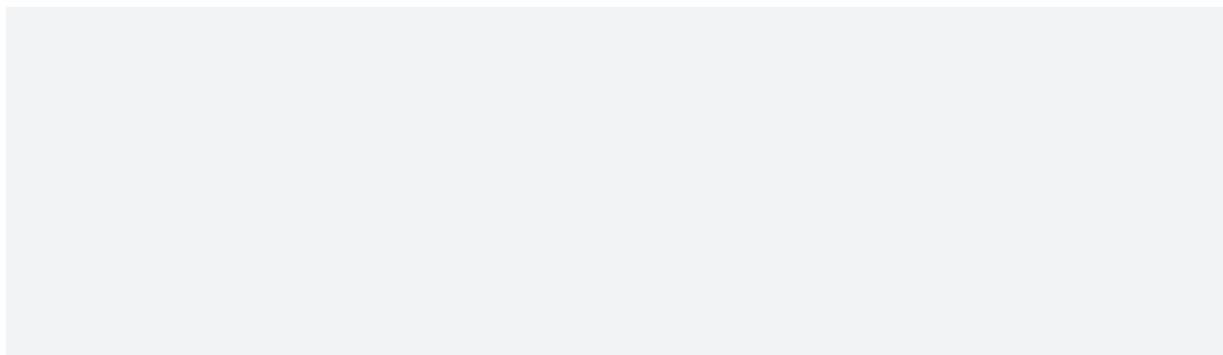
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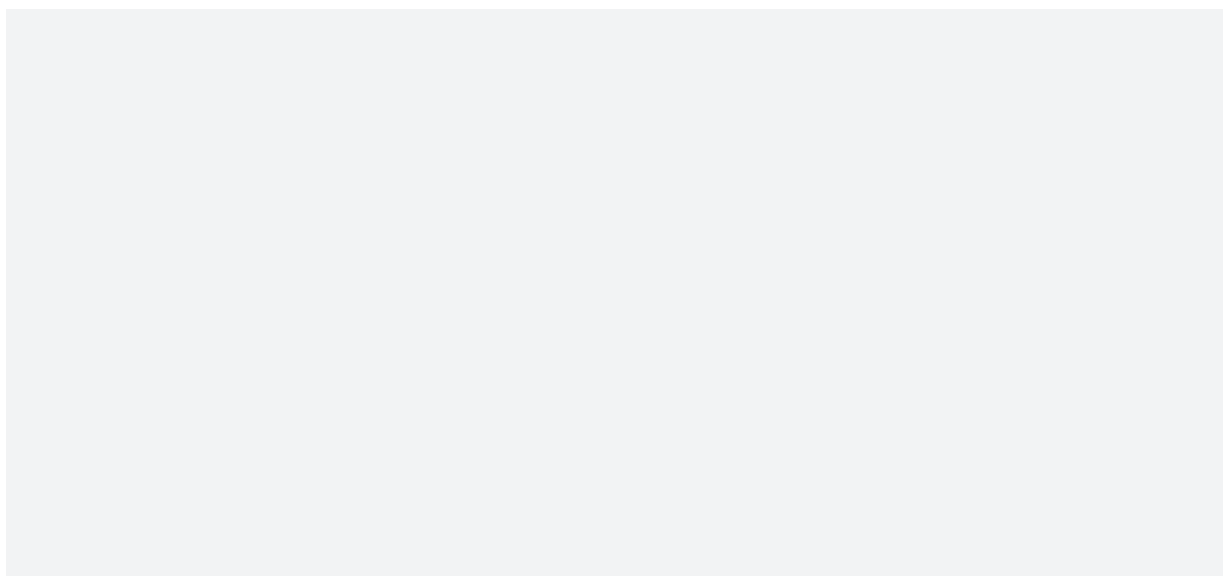
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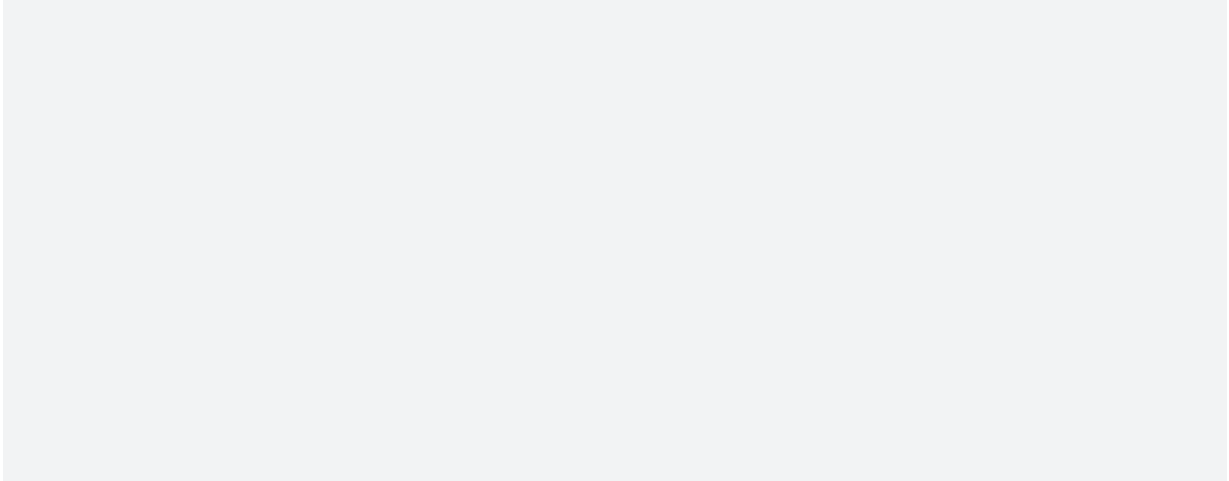
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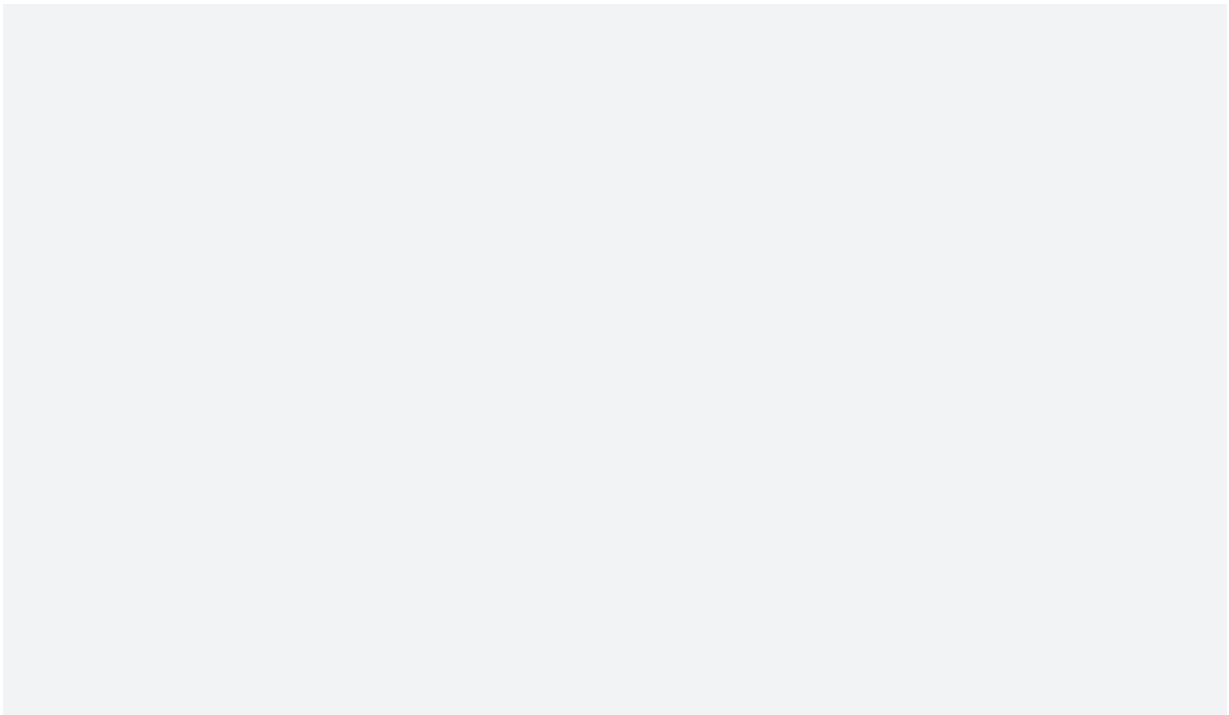
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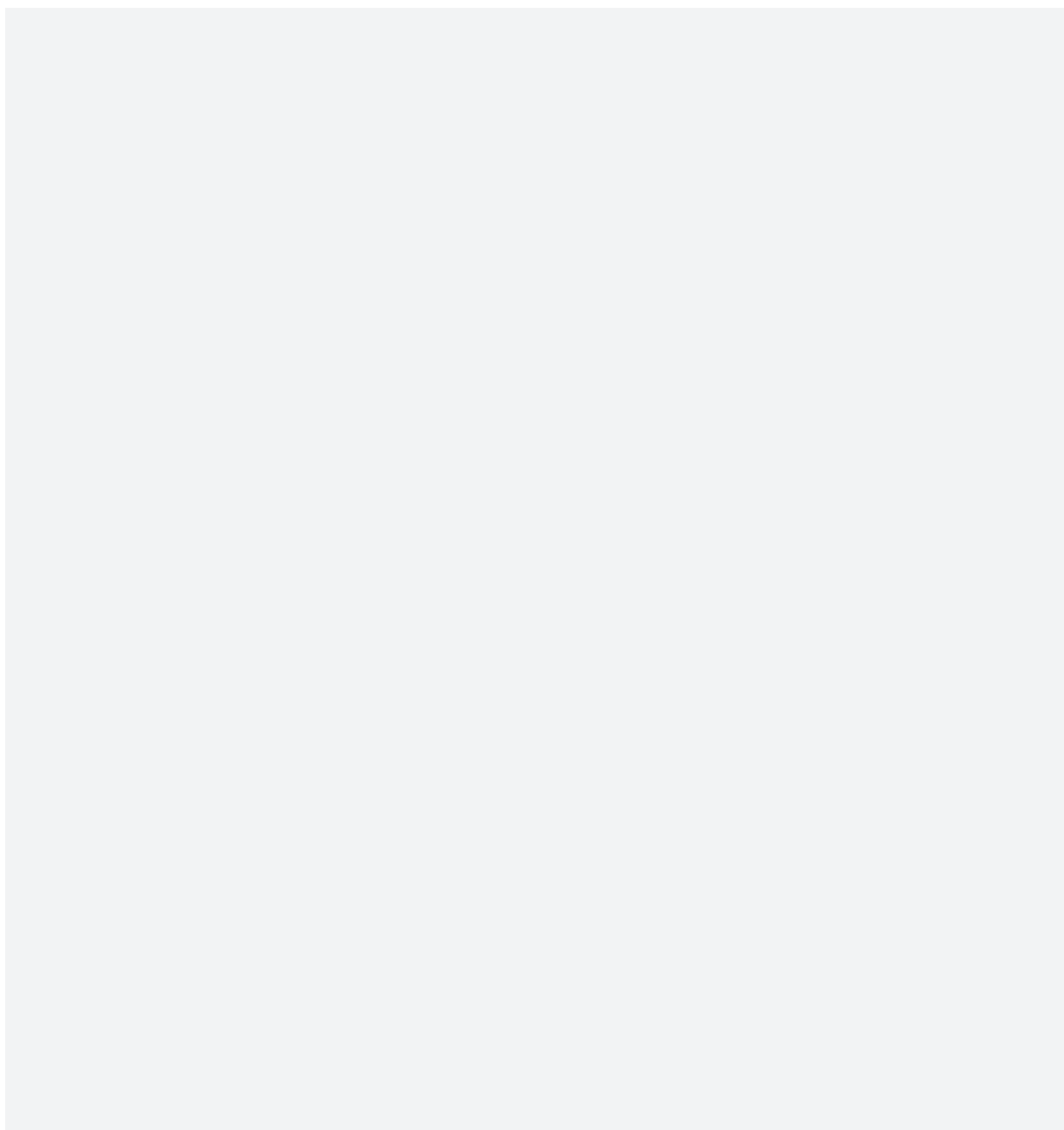
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Step 5

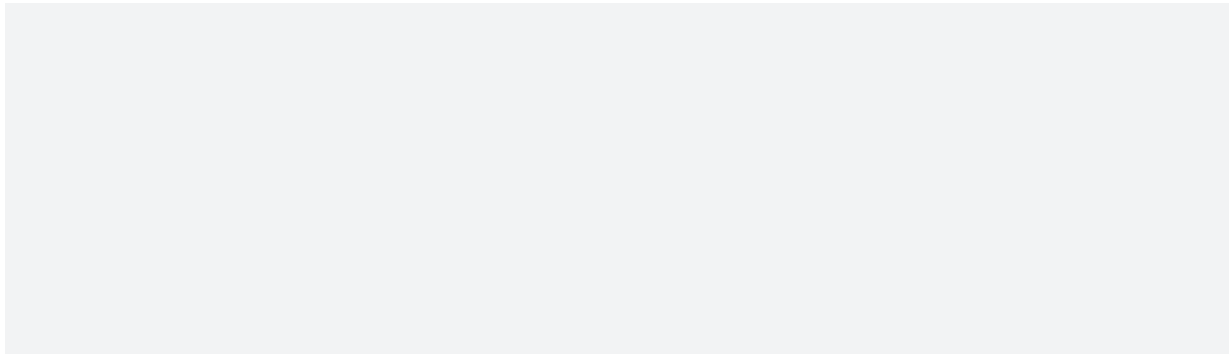
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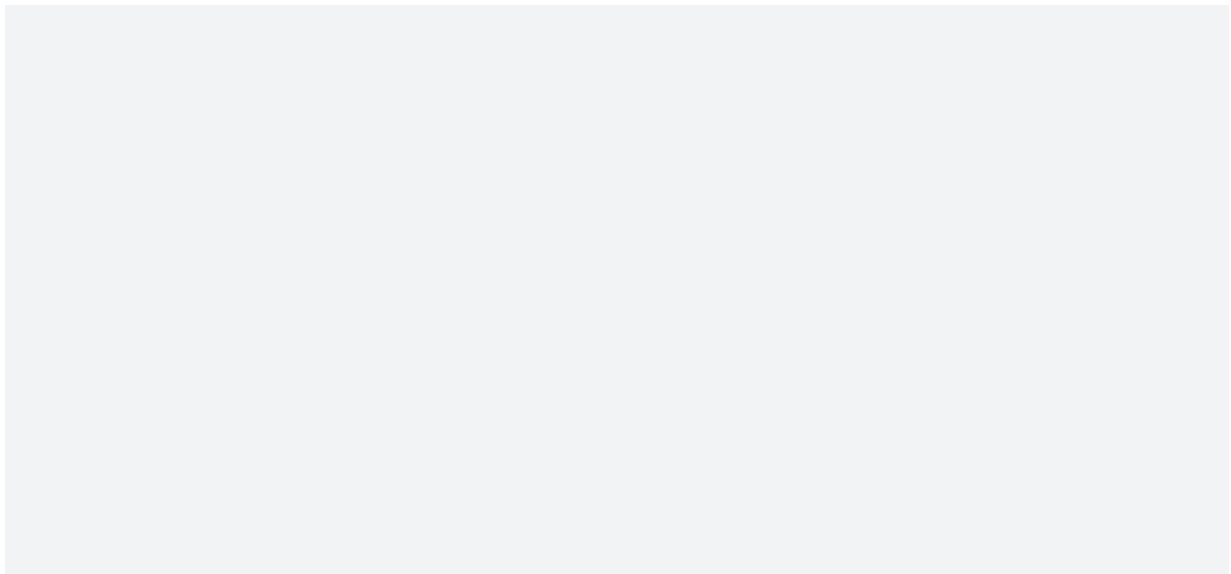
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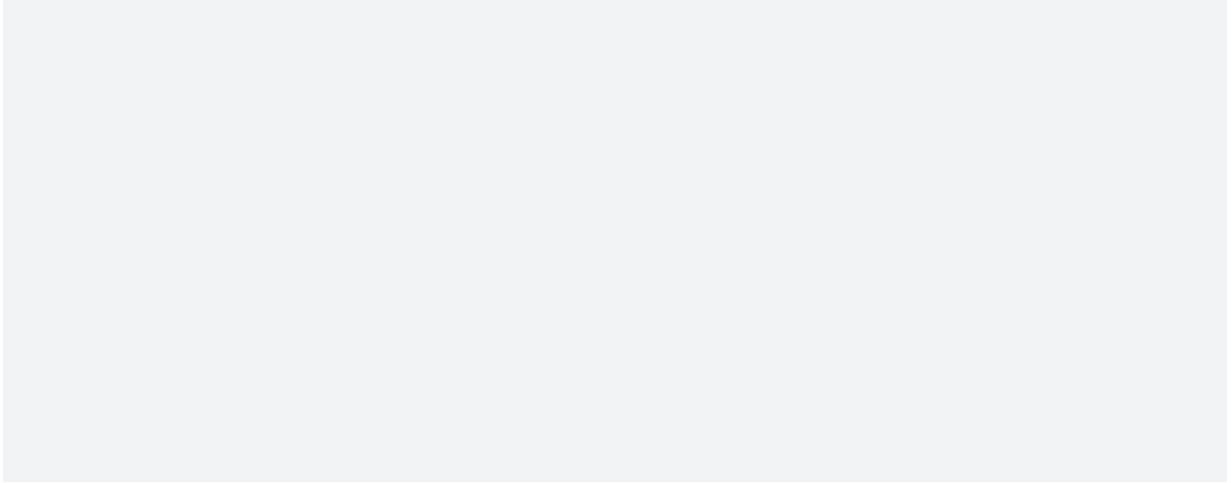
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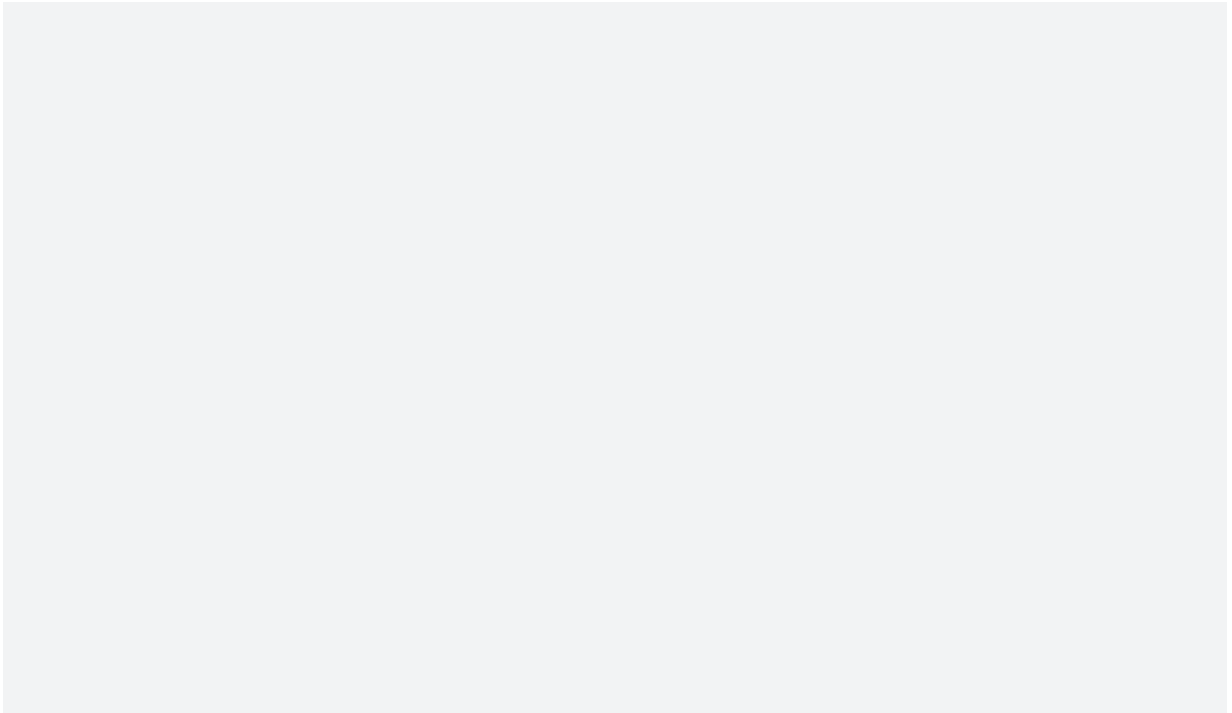


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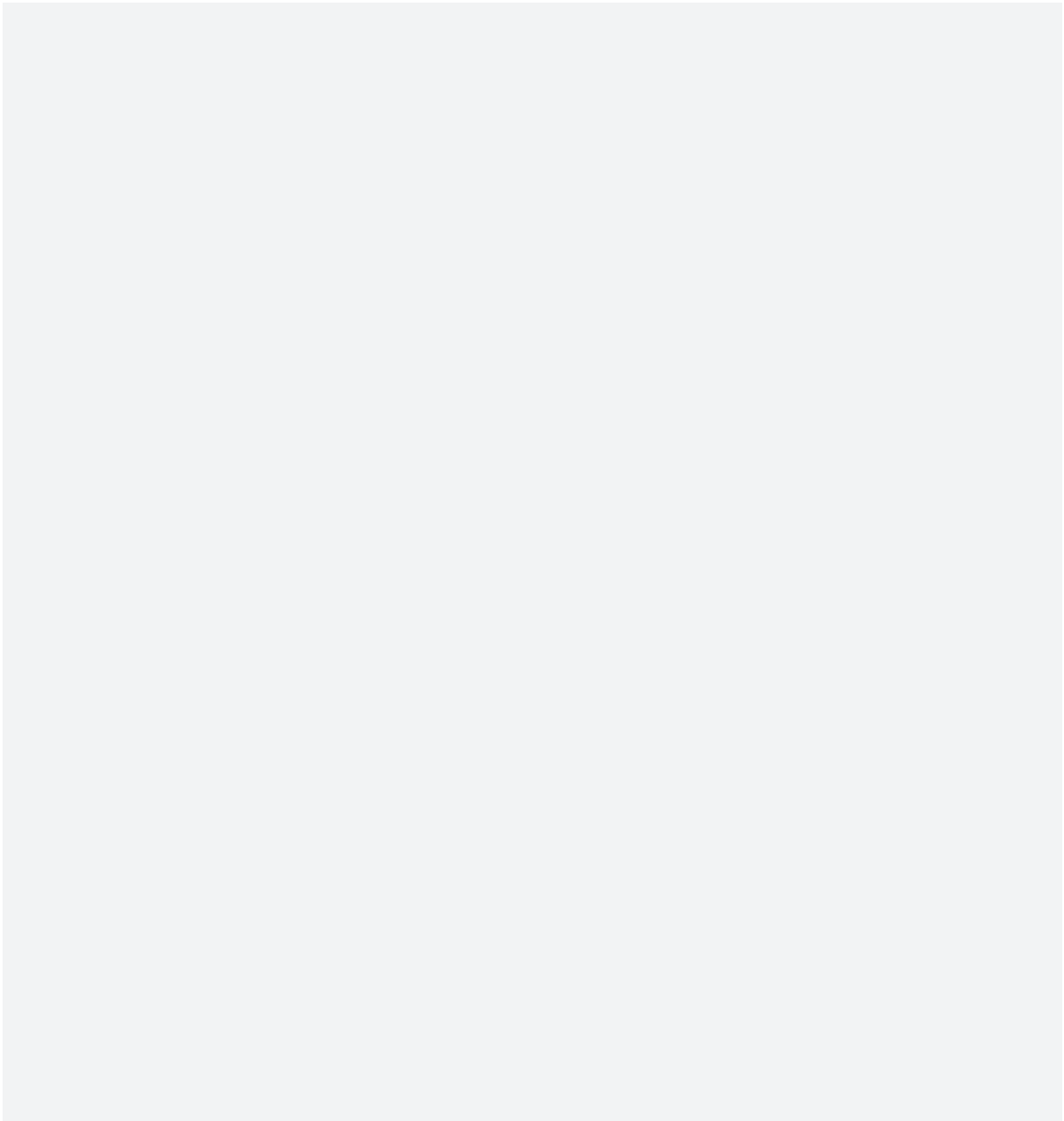
**Step 4**

What will it cost me over the long term if I don't change this behaviour?



Step 5

What pleasure will this new behaviour give me? And what will I gain from doing it over the long term?



PLANNING TO REDUCE SLEEPING PILLS: EXAMPLE



What days will I take sleeping pills?

Monday and Thursday.

Stage 1: Week 1

Whole tablet. (On Monday and Thursday)

Stage 1: Week 2

Whole tablet. (On Monday and Thursday)

Stage 2: Week 3

0.9 of a tablet (On Monday and Thursday)

Stage 2: Week 4

0.8 of a tablet

Stage 3: Week 5

0.7

Stage 3: Week 6

0.6

Stage 4: Week 7

0.5

Stage 4: Week 8

0.4

Stage 5: Week 9

0.3

Stage 5: Week 10

None! 0.2 of a tablet will not do anything and I have proven to myself I can sleep without them!

PLANNING TO REDUCE SLEEPING PILLS

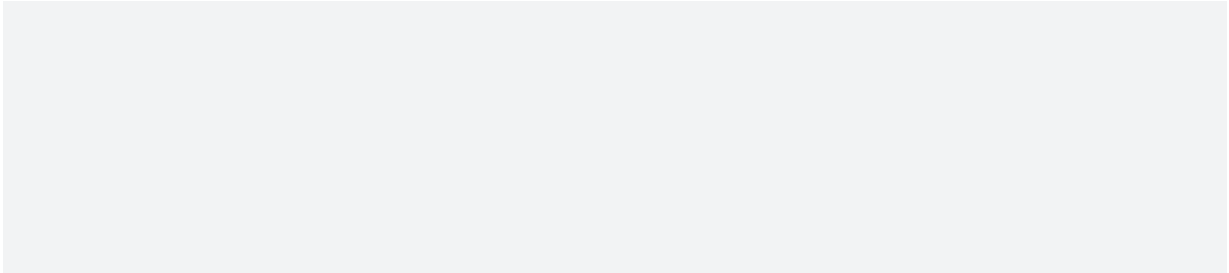


What days will I take sleeping pills?

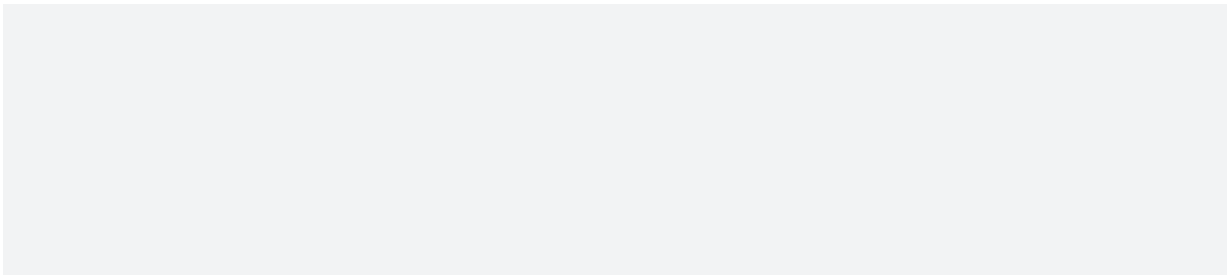
Stage 1: Week 1.

Stage 1: Week 2.

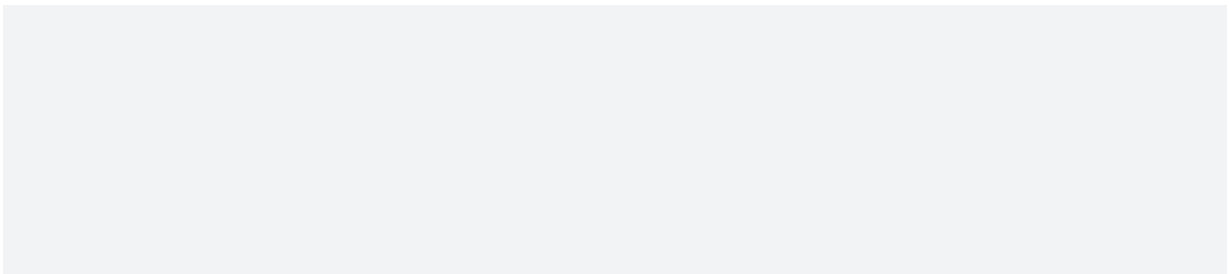
Stage 2. Week 3



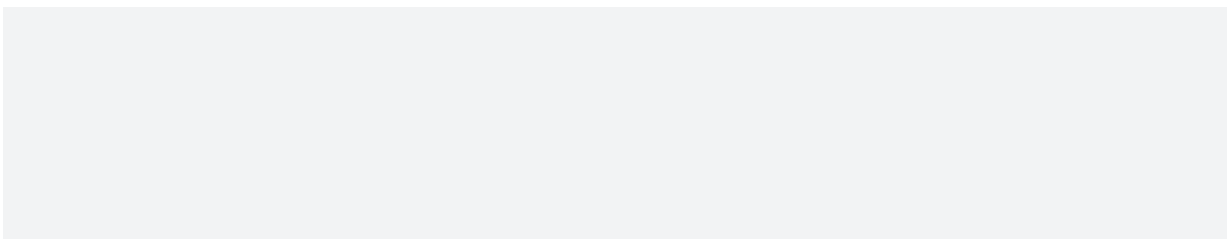
Stage 2: Week 4



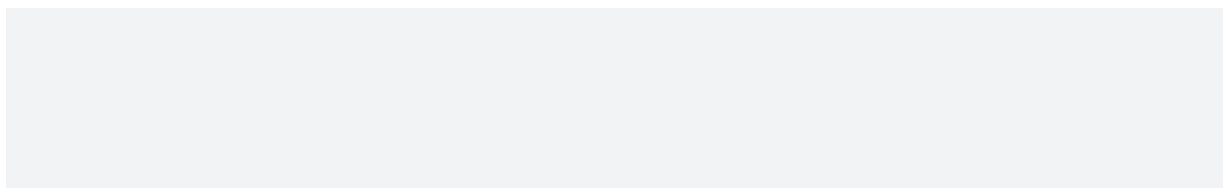
Stage 3: Week 5



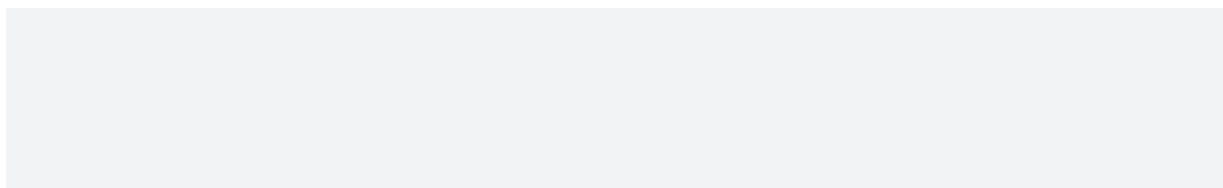
Stage 3 : Week 6



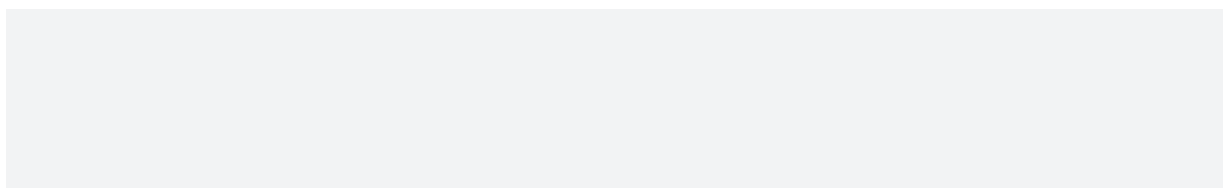
Stage 4: Week 7.



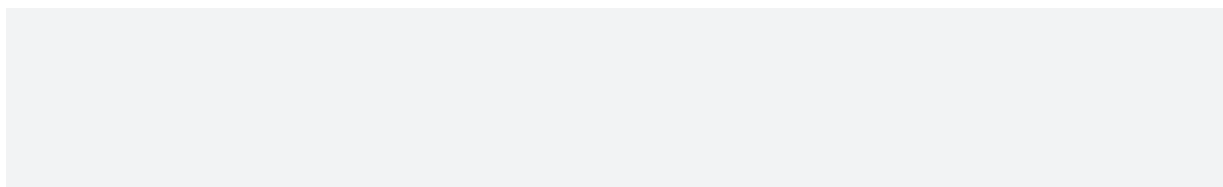
Stage 4: Week 8



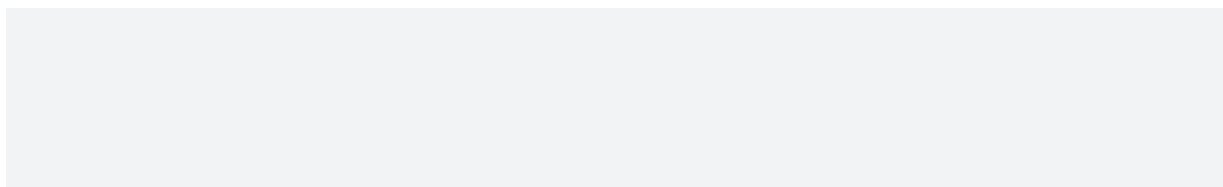
Stage 5: Week 9



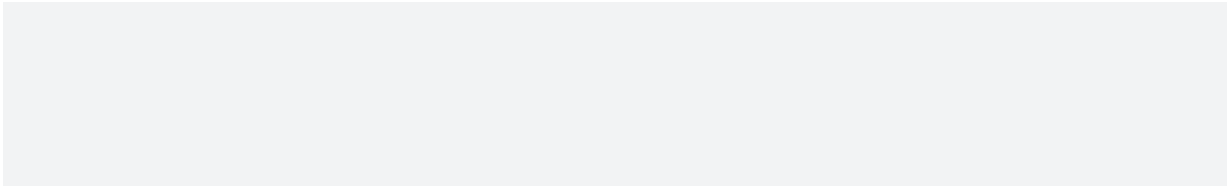
Stage 5: Week 10



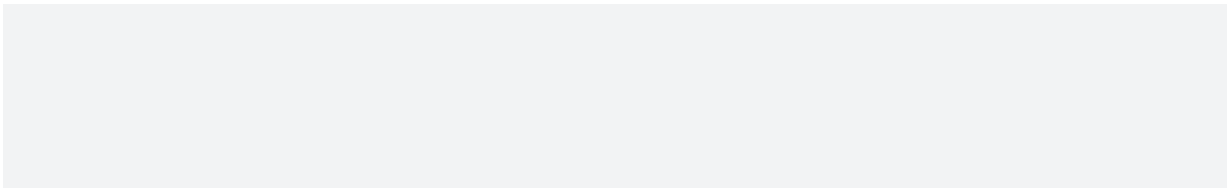
Week 11



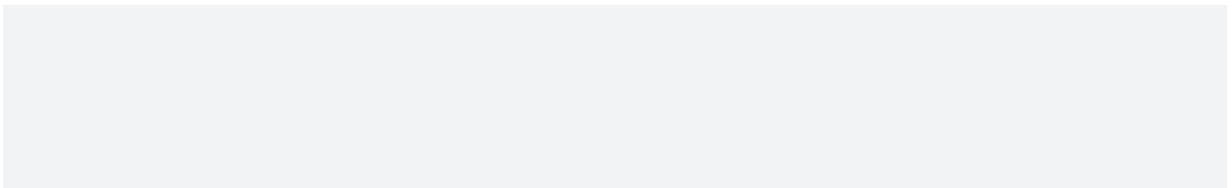
Week 12



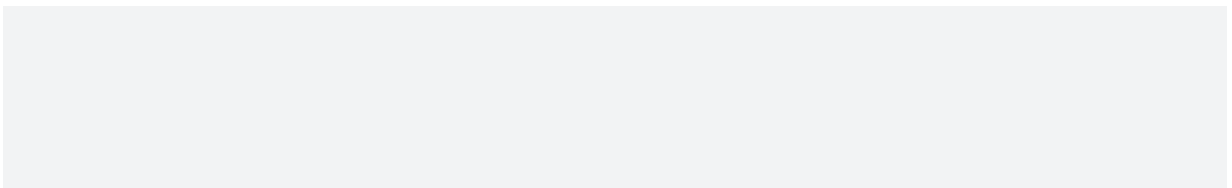
Week 13



Week 14



Week 15



MY BELIEFS ABOUT SLEEP



Please circle a number to indicate how much you personally agree or disagree with a statement

(1 = strongly disagree, 10 = strongly agree)

1. Everybody needs 8 hours of sleep.

0 1 2 3 4 5 6 7 8 9 10

2. If I sleep poorly, I should lie in, nap during the day and go to bed early the next night, even if I do not feel sleepy.

0 1 2 3 4 5 6 7 8 9 10

3. I have no control over how I will feel the next day if I sleep poorly.

0 1 2 3 4 5 6 7 8 9 10

4. It is better to take a sleeping pill than it is to sleep poorly.

0 1 2 3 4 5 6 7 8 9 10

5. I have no control over how well I sleep over the long term.

0 1 2 3 4 5 6 7 8 9 10

6. I avoid or cancel doing things in order to protect my sleep.

0 1 2 3 4 5 6 7 8 9 10

7. I believe that there is something wrong with my brain, and if I can fix this through supplements then I will sleep well.

0 1 2 3 4 5 6 7 8 9 10

8. When I pick up a suitcase that I thought was full, but that actually wasn't, for a split second I feel really strong.

0 1 2 3 4 5 6 7 8 9 10

9. If I sleep poorly one night, it will have a knock-on effect during the following week and ruin my sleep schedule.

0 1 2 3 4 5 6 7 8 9 10

10. If I sleep poorly, I will feel depressed, stressed and anxious the following day, and there is nothing I can do to make myself feel better.

0 1 2 3 4 5 6 7 8 9 10

11. The events in my life control my sleep, and the only way to cure insomnia is to change these.

0 1 2 3 4 5 6 7 8 9 10

12. I believe the longer I spend in bed, the greater likelihood I will sleep.

0 1 2 3 4 5 6 7 8 9 10

13. I believe that the harder I try to force sleep, the greater the likelihood I will succeed.

0 1 2 3 4 5 6 7 8 9 10

14. If I can unpick and solve the trigger to my insomnia, then I will sleep.

0 1 2 3 4 5 6 7 8 9 10

15. Insomnia has ruined my ability to enjoy life and prevents me doing things that want to do, and I have to fix insomnia first, before doing these enjoyable things.

0 1 2 3 4 5 6 7 8 9 10

16. The bed is a frightening place to be that causes me anxiety.

0 1 2 3 4 5 6 7 8 9 10

17. I need to set myself a fixed bedtime.

0 1 2 3 4 5 6 7 8 9 10

18. If I sleep poorly one night, I should go to bed early the next, even if I am not sleepy in order to catch up on sleep.

0 1 2 3 4 5 6 7 8 9 10

19) If I bang my head or stub my foot on an inanimate object, I will look at that object accusingly.

0 1 2 3 4 5 6 7 8 9 10

THE MARIE METHOD



Active sleep efforts

Sleeping in the spare room. Eating kiwi fruit. Booking a long-haul flight to Japan because I once slept well on an aeroplane and I think if I do that it will happen again (this actually isn't one of my own but one I heard of during my course - you are not alone!). Ashwagandha. CBD. Tryptophan. L theanine. Sleeping pills. Drinking valerian tea. Drinking sleepy-time tea. Drinking liquorice tea. Using grapefruit juice to make supplements more effective. Using 'David delight pro' head set. Lying on acupuncture mat before bed.

Reading. Staring at the fire. Watching a recorded sunset before bed. Warm baths. Listening to the 'Detectorists' at a low volume. Listening to Pink Floyd on low volume through headphones. Sleeping at the opposite end of the bed. Sleeping with my mattress on the floor.

Yoga with Adrienne. Warm baths. Sleeping in a hammock. Sleeping outside in a tent. Lavender. Warm baths with lavender. Warm baths with lavender and Epsom salts. Lettuce water. Cherries. Meditation. Omega 3 fish oil. Moving to the San Juan islands and living in a tipi. Watching teletext. Progressive muscle relaxation. ASMR. Hypnosis. Acupuncture. Reflexology.

Things that are easy to stop doing, medium and hard

Easy	Medium	Hard
<i>Lettuce water</i>	<i>CBD</i>	<i>Sleeping in spare room/ bed share</i>
<i>Lavender</i>	<i>Tryptophan</i>	<i>Sleeping pills</i>
<i>Kiwi</i>	<i>L theanine</i>	
<i>Using grapefruit juice</i>	<i>GABA</i>	
<i>Licorice tea.</i>	<i>David delight pro</i>	
<i>Long haul flight</i>	<i>Warm baths*</i>	
<i>Staring at fire*</i>	<i>Acupressure mat</i>	
<i>Recorded sunset</i>	<i>Detectorists</i>	
<i>Omega 3</i>	<i>Yoga*</i>	
<i>Lavender</i>	<i>Meditation</i>	
	<i>Pink Floyd</i>	
	<i>Reading*</i>	
	<i>Meditation*</i>	

Things that spark joy

Staring at fire, warm baths, yoga, reading, meditation.

THE MARIE METHOD

TIDYING UP ACTIVE SLEEP EFFORTS



Easy	Medium	Hard

Things that spark joy!

TIDYING UP AVOIDANCE SLEEP EFFORTS: EXAMPLE



Easy	Medium	Hard
<i>Watching a film in the evening</i>	<i>Not Cancelling plans</i>	<i>Pursuing my career</i>
<i>Surfing in the evening</i>	<i>Going to open mics</i>	<i>Staying in a hotel</i>
<i>Surfing during the day (if tired)</i>	<i>Playing music at open mics</i>	<i>Making long-term plans</i>
	<i>Booking morning activities</i>	<i>Saying yes to job opportunities</i>
		<i>Going on holiday</i>
		<i>Sharing a bed.</i>

TIDYING UP AVOIDANCE SLEEP EFFORTS



Easy	Medium	Hard



Stage 1



SLEEP WINDOWS



Week 1	Went to bed at:	No. of times stimulus control?	Got out of bed?	Sleep Duration?	Subjective sleep score (out of 10)
Night 1					
Night 2					
Night 3					
Night 4					
Night 5					
Night 6					
Night 7					
Total Sleep duration					

Average sleep duration for the week =

Week 2	Went to bed at:	No. of times stimulus control?	Got out of bed at:	Sleep Duration?	Subjective sleep score (out of 10)
Night 1					
Night 2					
Night 3					
Night 4					
Night 5					
Night 6					
Night 7					
Total sleep duration					

Average sleep duration for the week =

SLEEP SCHEDULING: EXAMPLE



Column 1	2	3	4	5	6	7	8	9	10
Week number 1	Last night I went to bed at:	I got up at:	I was in bed for X minutes	It took me X minutes to fall asleep	I woke X number of times	During the night I was awake for X minutes	I estimate that I slept for Y minutes	Comments	Subjective sleep score
Night 1	11.00	7.15	495	210	0	0	285	Third pill.2.15	4
Night 2	11.00	7.20	430	80	0	0	350	Third taken 1.15	5
Night 3	11.00	7.15	495	180	0	0	315	No tab	6
Night 4	11.45	7.30	425	120	1	45	260	No tab	5
Night 5	12.30	7.25	415	15	0	0	400	Half	8
Night6	1.00	7.40	400	120	0	0	280	Whole - very anxious going to bed.	2
Night 7	11.30	7.20	410	120	0	0	290	None	5
Total			3140				2180		
Average in minutes			A = 449				B = 311		
Average in hours and minutes							C = 5.11		
Sleep efficiency							69%		

Sleep efficiency = $\mathbf{B} / \mathbf{A} \times 100 = \dots$

This week's sleep efficiency = $311 / 449 = 0.69 \times 100 = \mathbf{69\%}$

This week I slept on average for = **5 hours 11 minutes.**

SLEEP SCHEDULING



Week number 1	Last night I went to bed at:	I got up at:	I was in bed for X minutes	It took me X minutes to fall asleep	I woke X number of times	During the night I was awake for X minutes	I estimate that I slept for Y minutes	Comments	Subjective sleep score
Night 1									
Night 2									
Night 3									
Night 4									
Night 5									
Night 6									
Night 7									
Average in minutes			A =				B =		
Average in hours and minutes							C =		

(You do not need to calculate sleep efficiency during the first 2 weeks but you do need to work out your average hours slept) **C =**

SLEEP SCHEDULING



Week number 2	Last night I went to bed at:	I got up at:	I was in bed for X minutes	It took me X minutes to fall asleep	I woke X number of times	During the night I was awake for X minutes	I estimate that I slept for Y minutes	Comments	Subjective sleep score
Night 1									
Night 2									
Night 3									
Night 4									
Night 5									
Night 6									
Night 7									
Average in minutes			A =				B =		
Average in hours and minutes							C =		

(You do not need to calculate sleep efficiency during the first 2 weeks but you do need to work out you average hours slept) **C =**



Stage 2



SLEEP WINDOWS



Week 3	Went to bed at:	No. of times stimulus control?	Got out of bed?	Sleep Duration?	Subjective sleep score (out of 10)
Night 1					
Night 2					
Night 3					
Night 4					
Night 5					
Night 6					
Night 7					
Total Sleep duration					

Average sleep duration for the week =

Week 4	Went to bed at:	No. of times stimulus control?	Got out of bed?	Sleep Duration?	Subjective sleep score (out of 10)
Night 1					
Night 2					
Night 3					
Night 4					
Night 5					
Night 6					
Night 7					
Total Sleep duration					

Average sleep duration for the week =

SLEEP SCHEDULING



Week number 3	Last night I went to bed at:	I got up at:	I was in bed for X minutes	It took me X minutes to fall asleep	I woke X number of times	During the night I was awake for X minutes	I estimate that I slept for Y minutes	Comments	Subjective sleep score
Night 1									
Night 2									
Night 3									
Night 4									
Night 5									
Night 6									
Night 7									
Average in minutes			A =				B =		
Average in hours and minutes							C =		

Sleep efficiency = $\mathbf{B} / \mathbf{A} \times 100 =$

Week number 4	Last night I went to bed at:	I got up at:	I was in bed for X minutes	It took me X minutes to fall asleep	I woke X number of times	During the night I was awake for X minutes	I estimate that I slept for Y minutes	Comments	Subjective sleep score
Night 1									
Night 2									
Night 3									
Night 4									
Night 5									
Night 6									
Night 7									
Average in minutes			A =				B =		
Average in hours and minutes							C =		

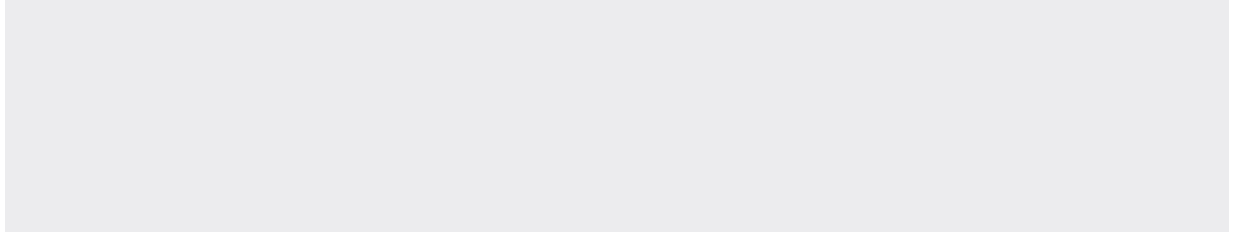
Sleep efficiency = $\mathbf{B} / \mathbf{A} \times 100 =$

WEEK 3: DAY 1

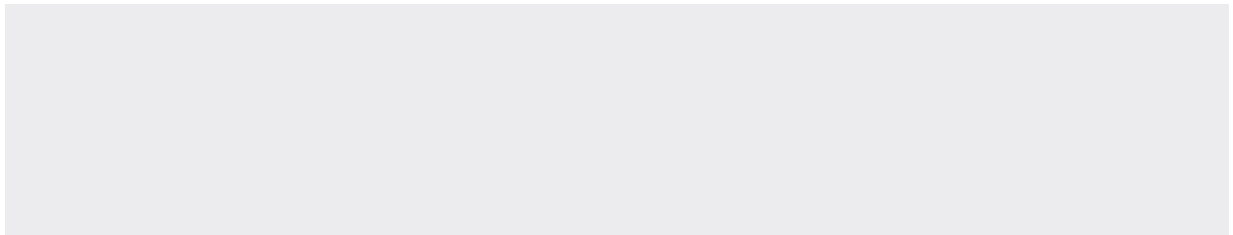
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MORNING GRATITUDE JOURNAL

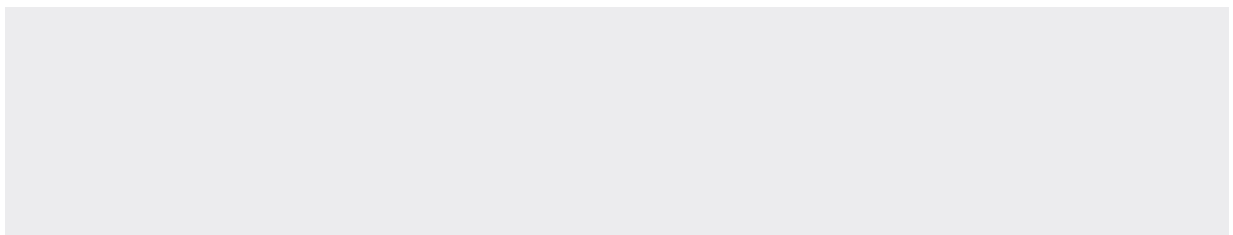
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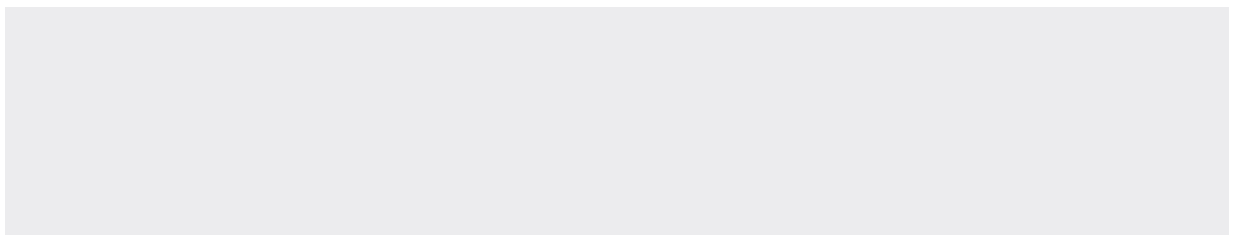
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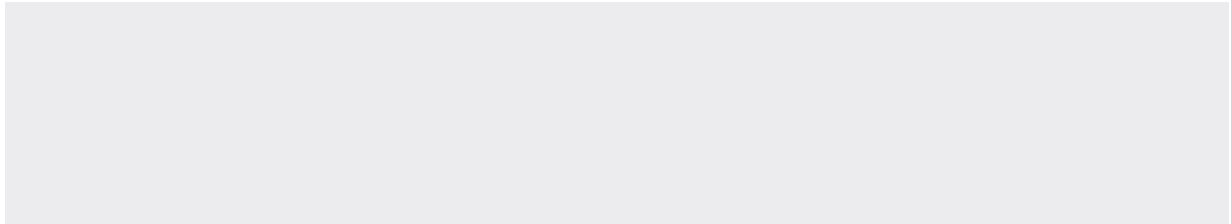


What am I committed to in my life right now?

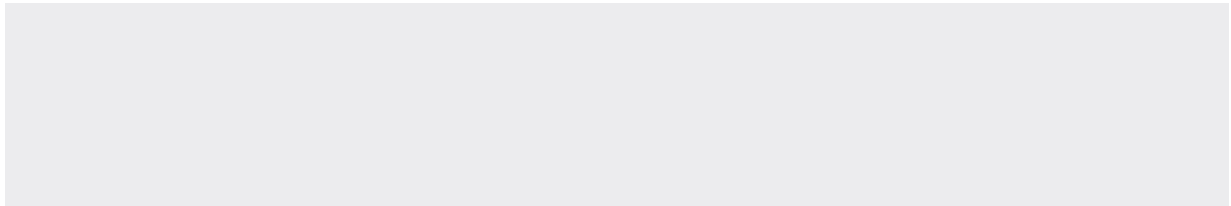


NIGHT-TIME GRATITUDE JOURNAL

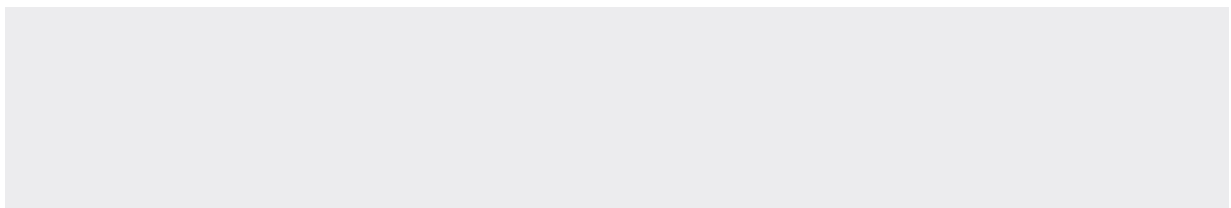
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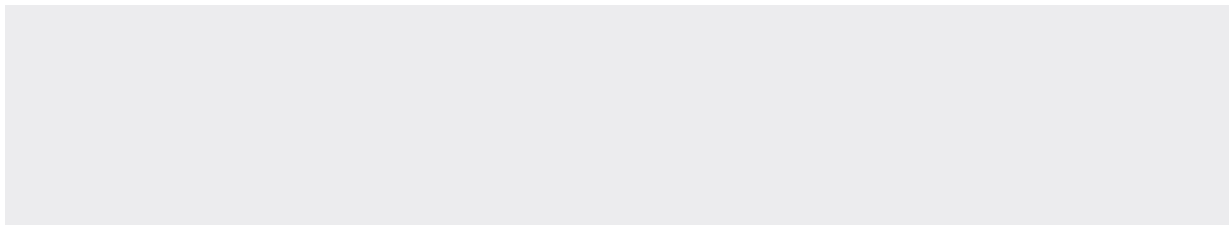
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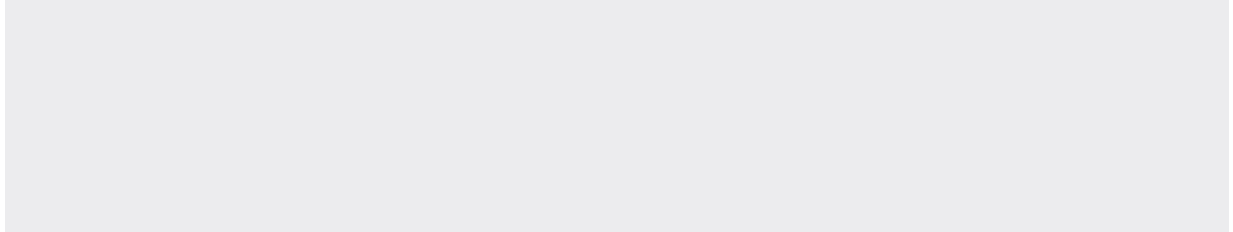


WEEK 3: DAY 2

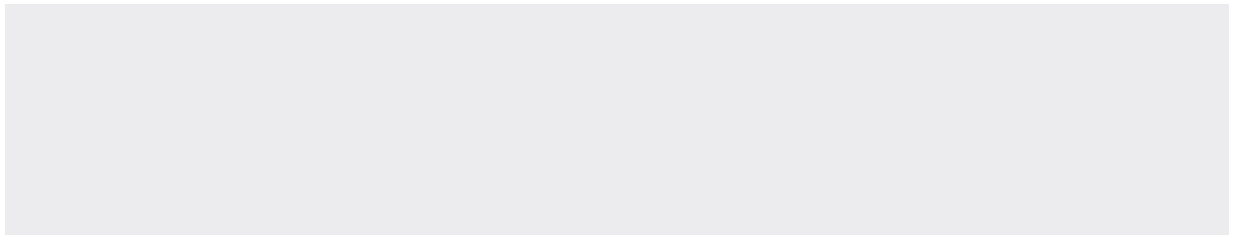
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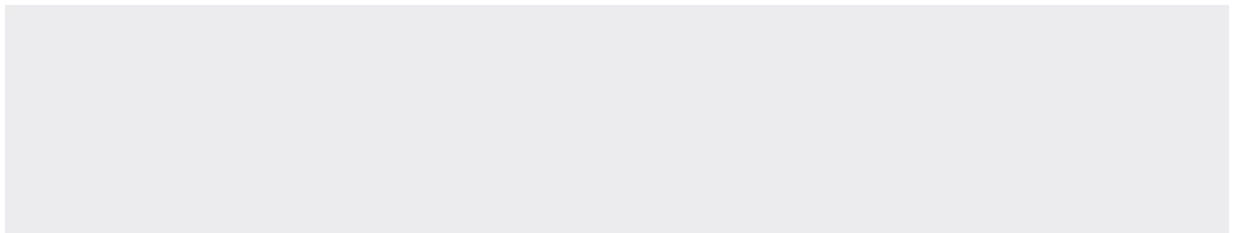
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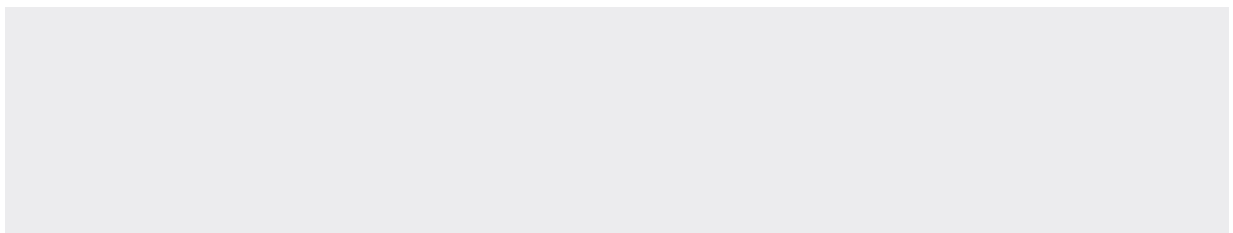
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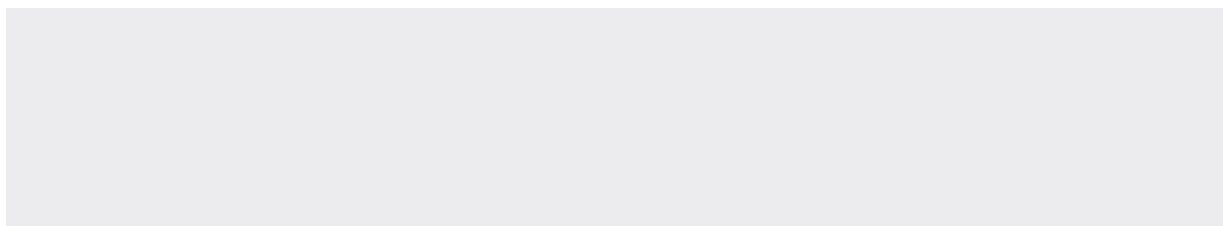


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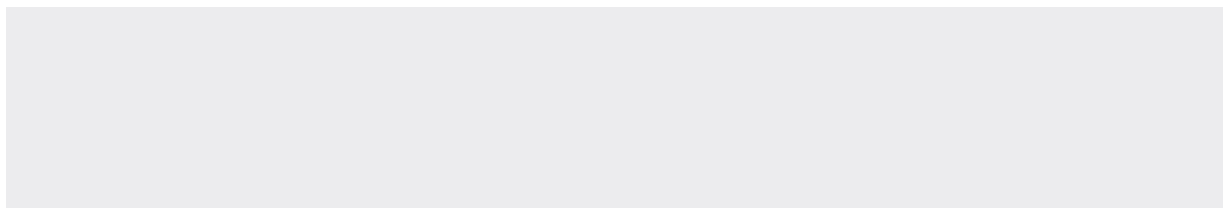


NIGHT-TIME GRATITUDE JOURNAL

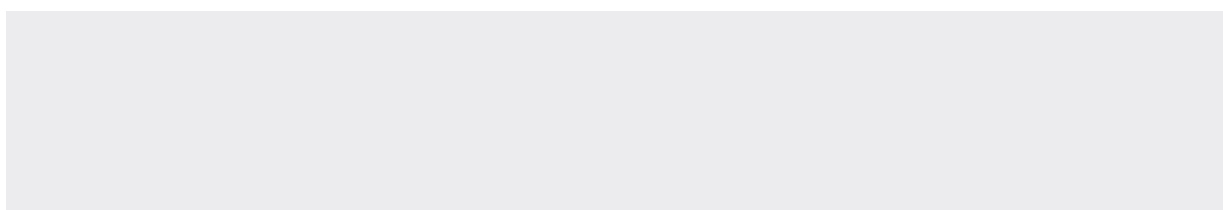
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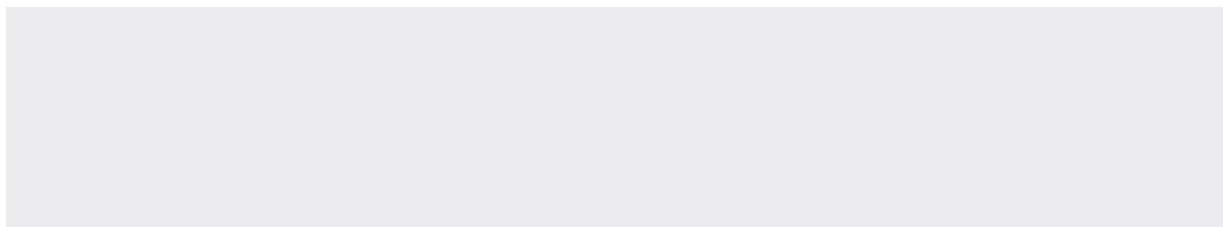
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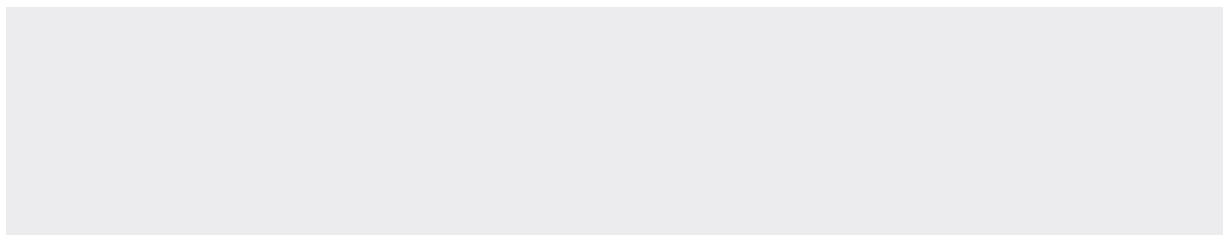


WEEK 3: DAY 3

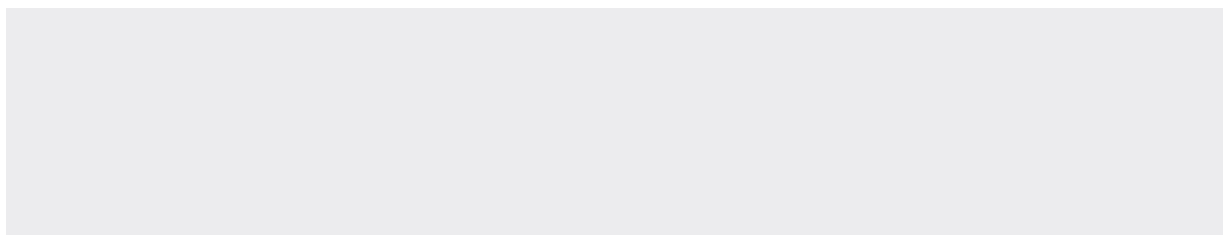
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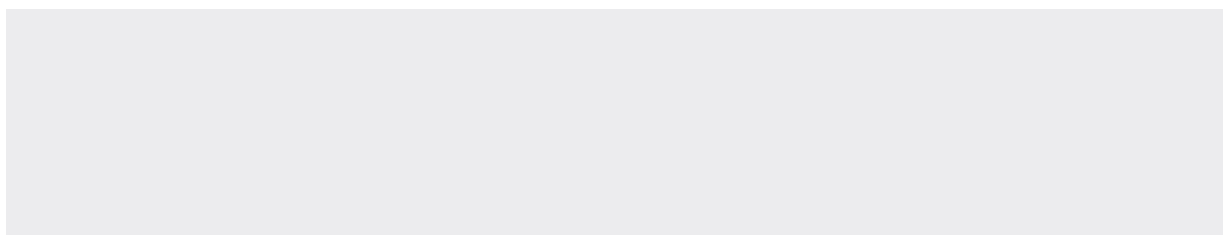
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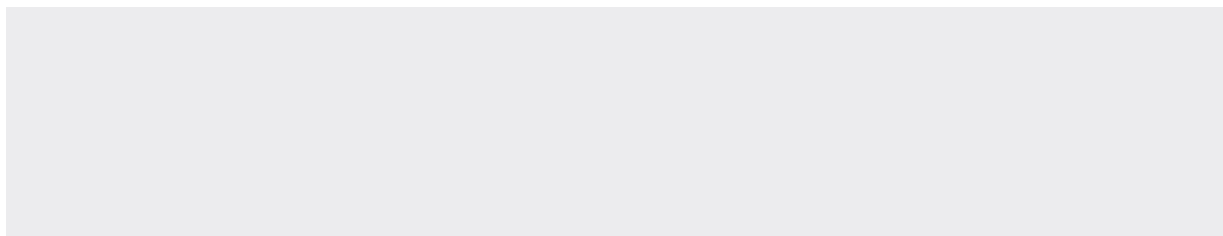
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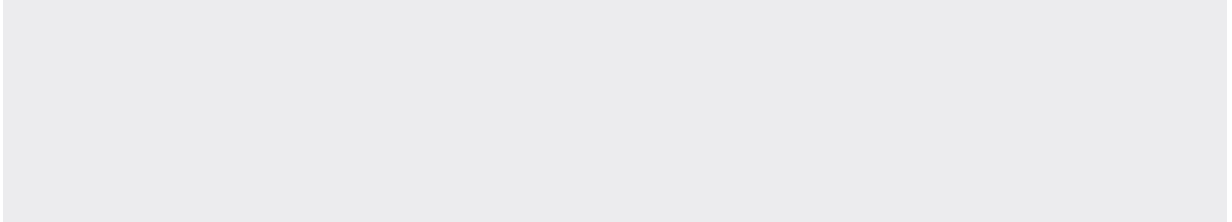


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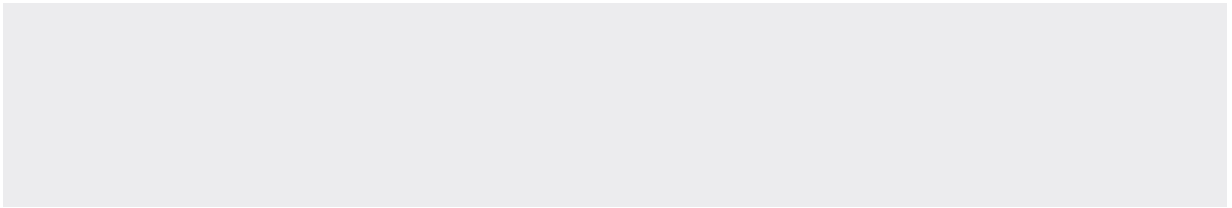


NIGHT-TIME GRATITUDE JOURNAL

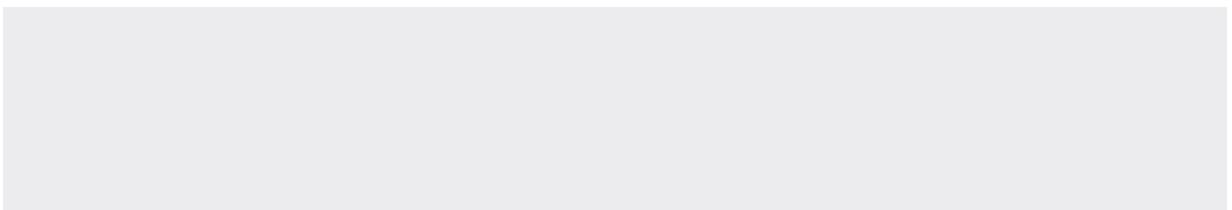
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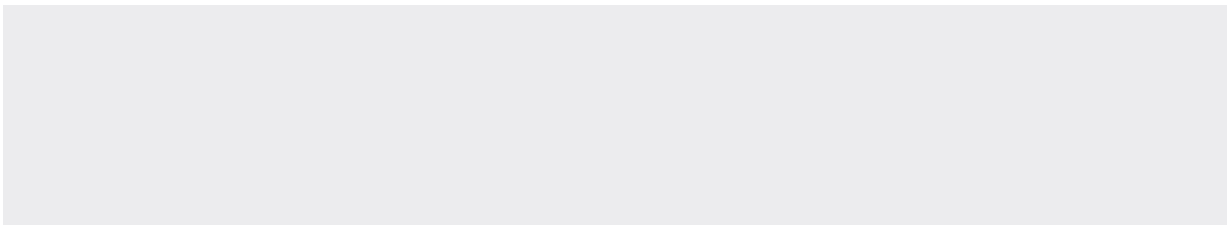
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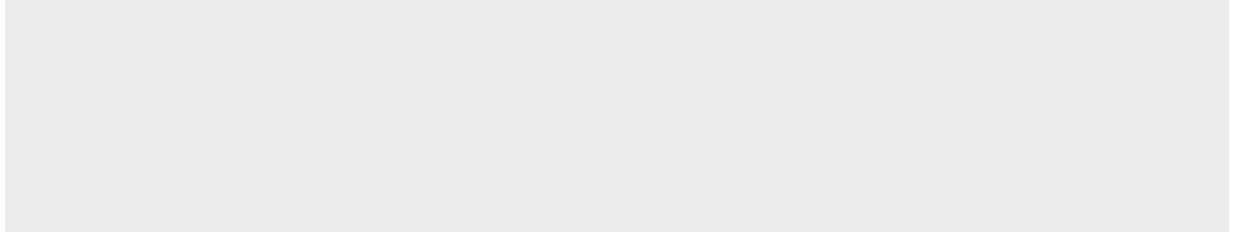


WEEK 3: DAY 4

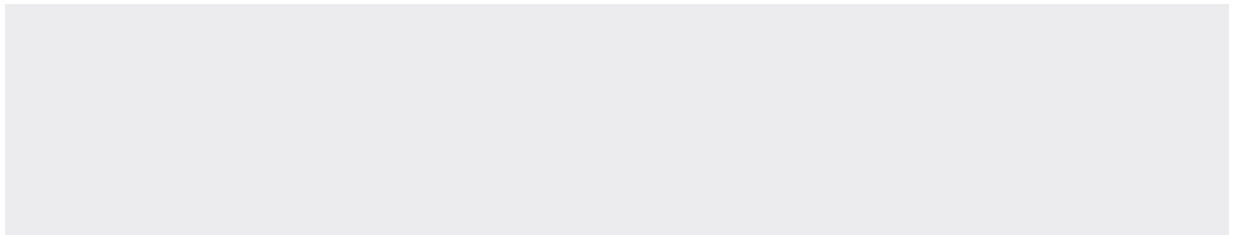
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MORNING GRATITUDE JOURNAL

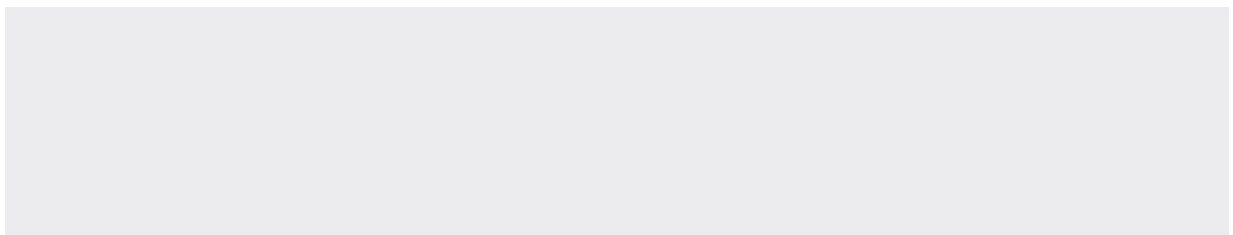
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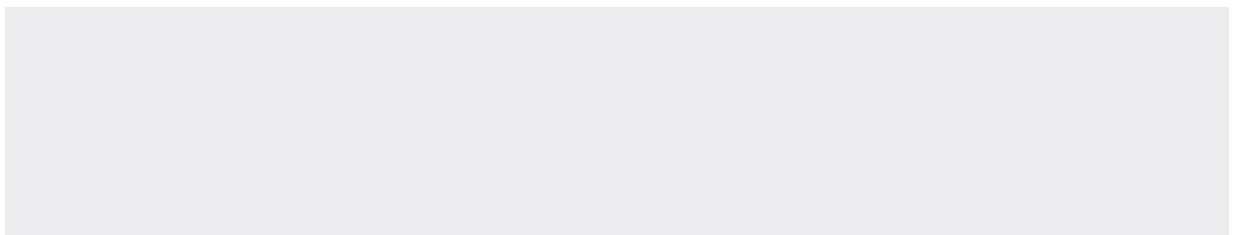
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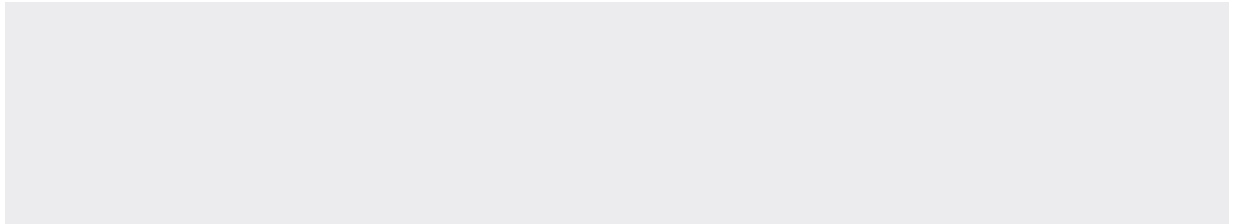


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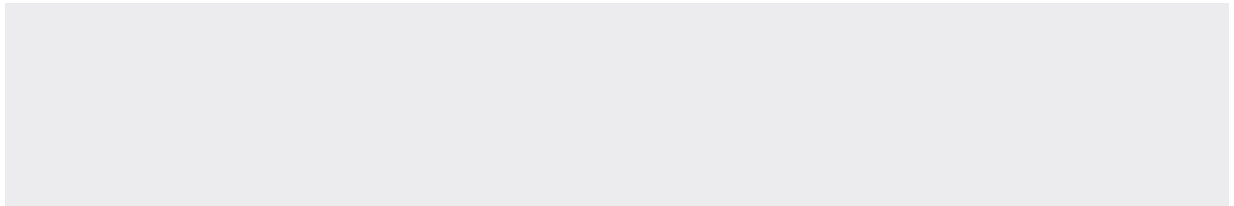


NIGHT-TIME GRATITUDE JOURNAL

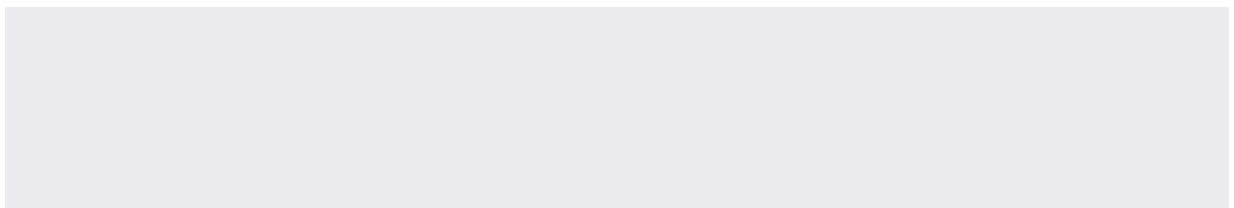
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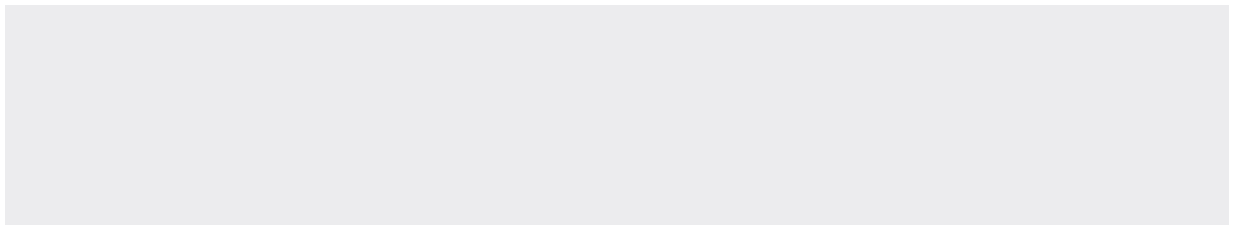
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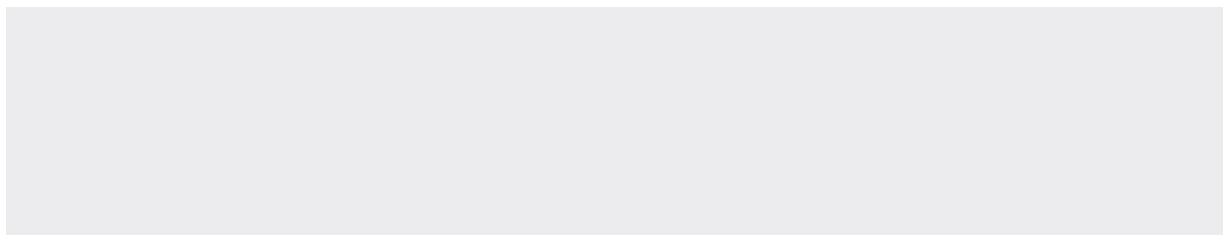


WEEK 3: DAY 5

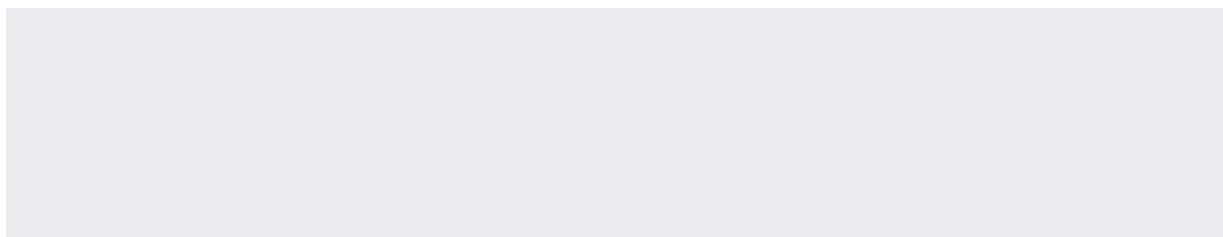
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MORNING GRATITUDE JOURNAL

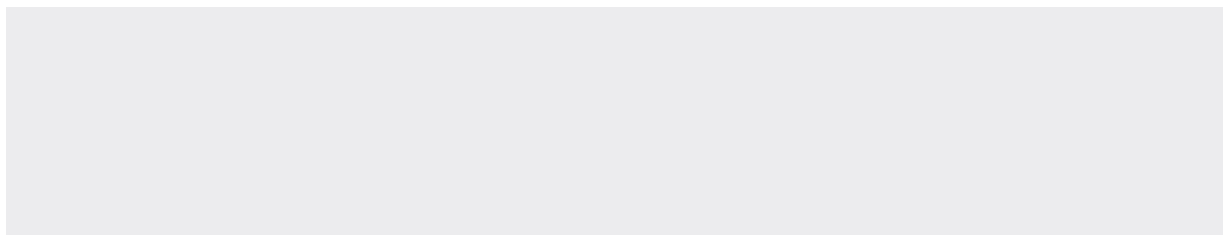
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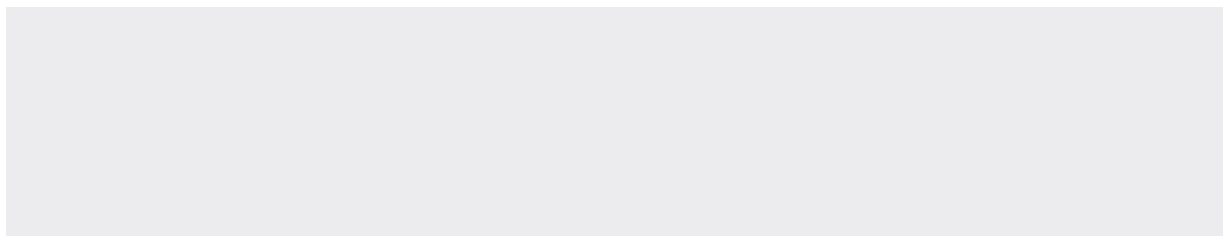
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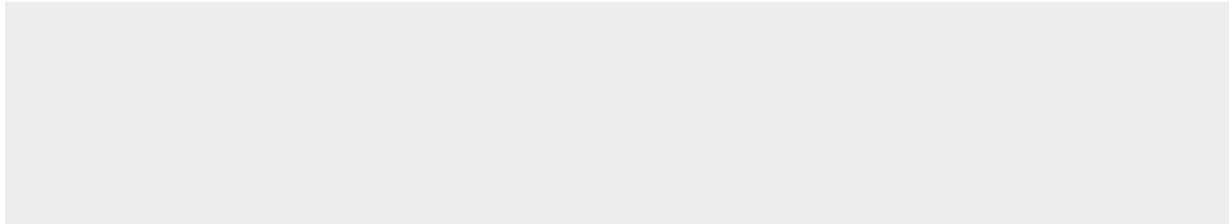


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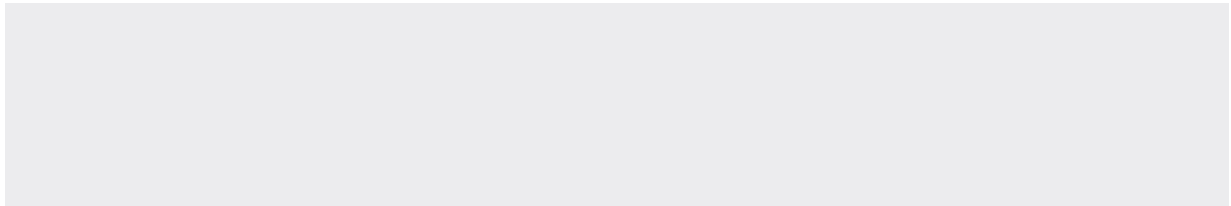


NIGHT-TIME GRATITUDE JOURNAL

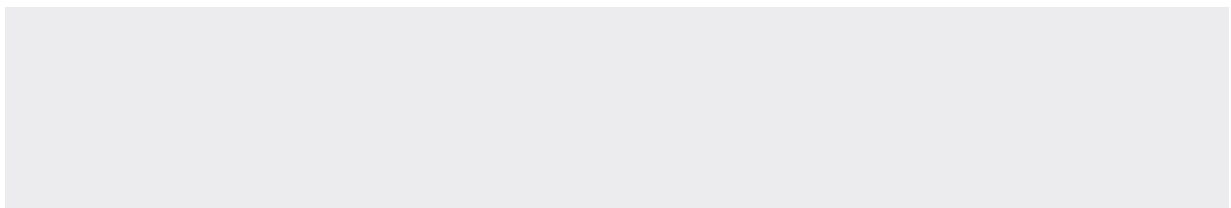
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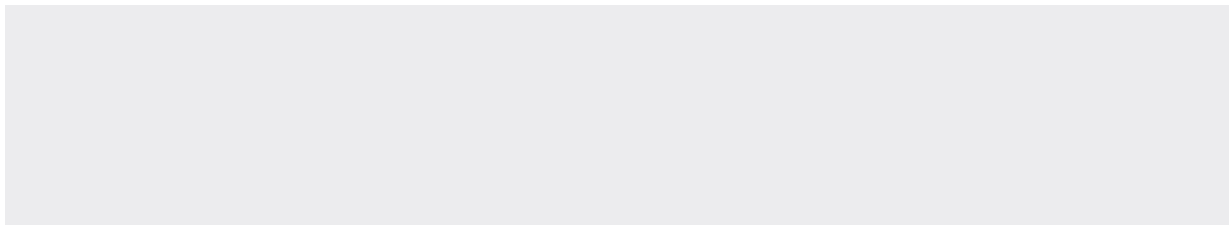
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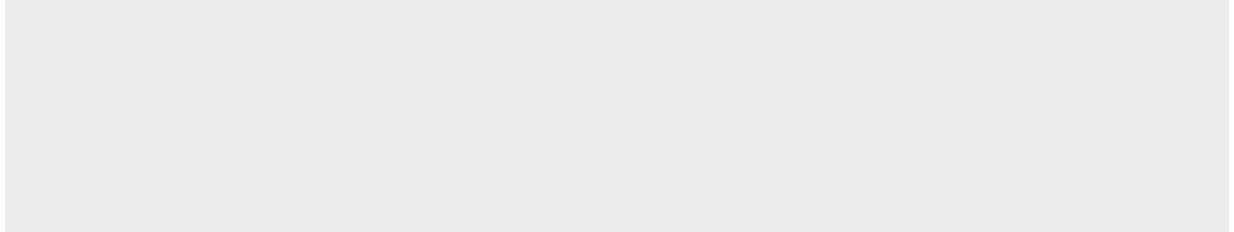


WEEK 3: DAY 6

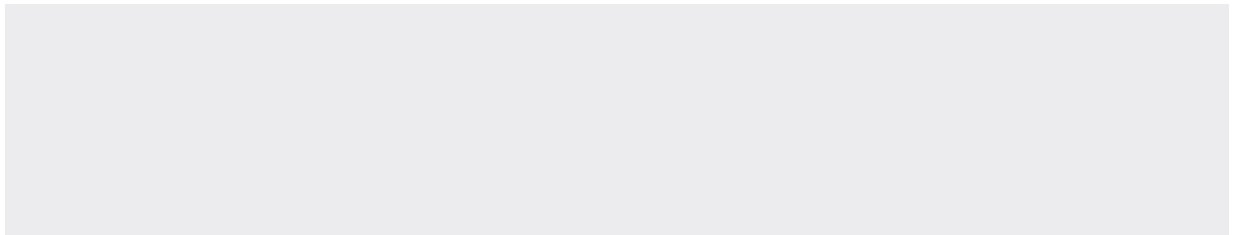
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MORNING GRATITUDE JOURNAL

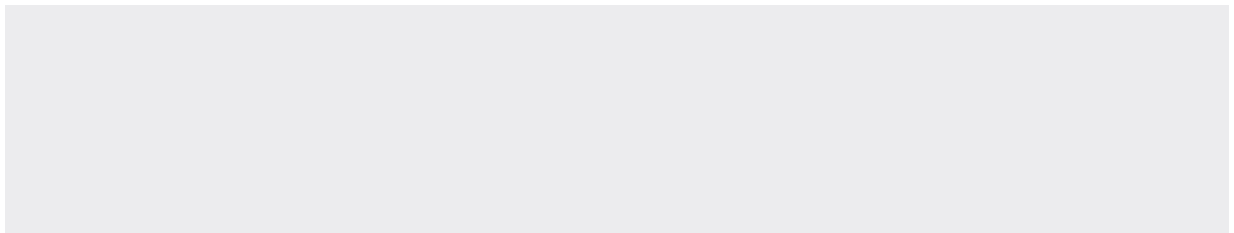
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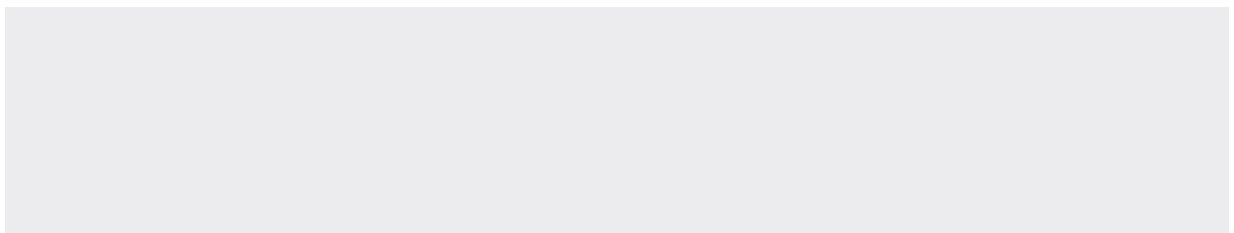
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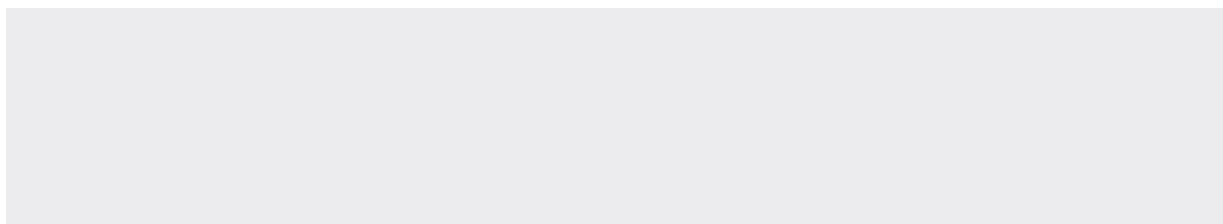


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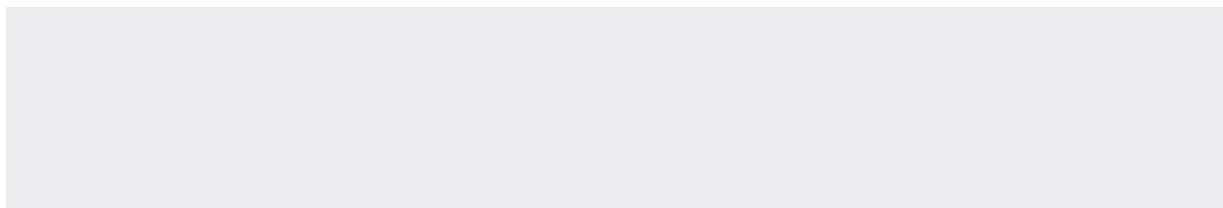


NIGHT-TIME GRATITUDE JOURNAL

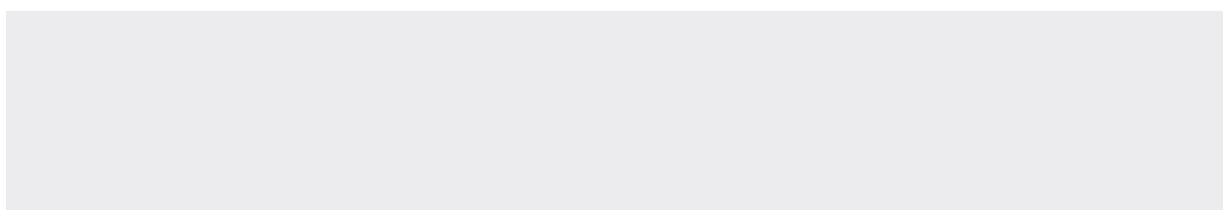
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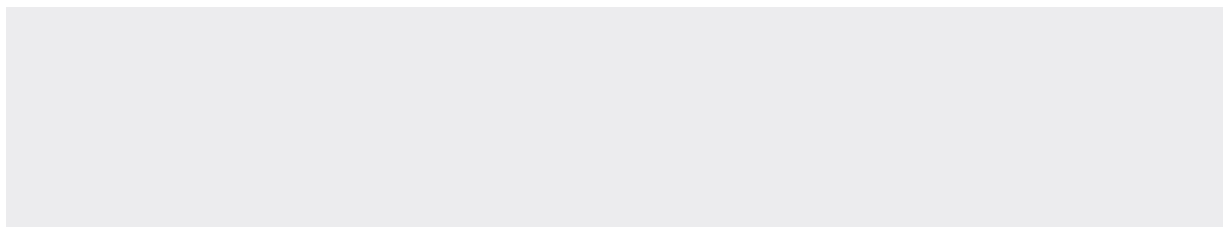
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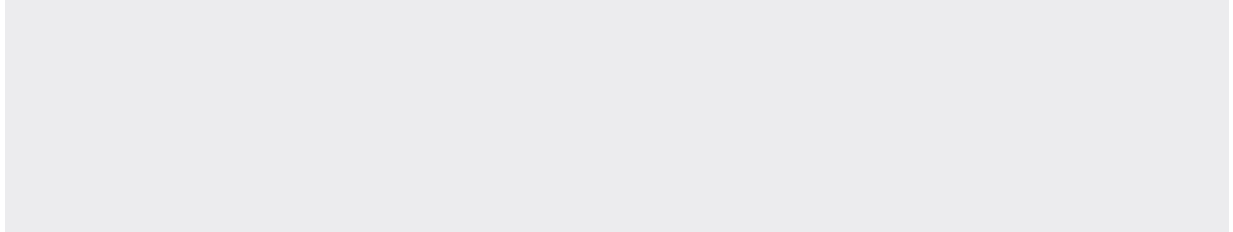


WEEK 3: DAY 7

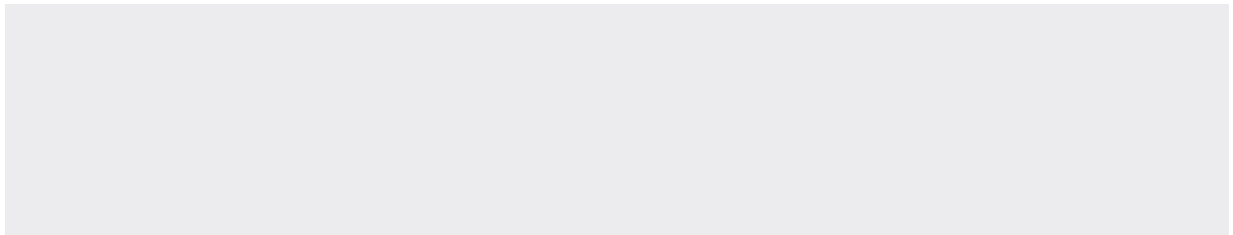
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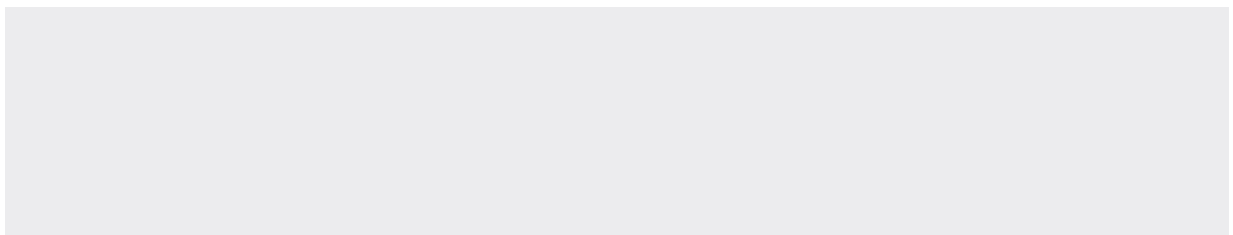
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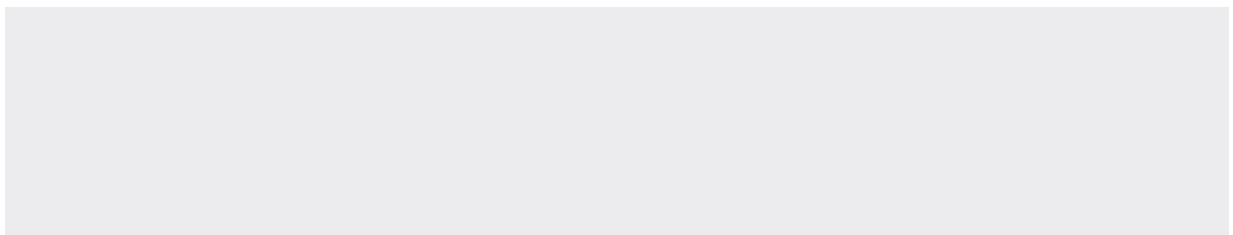
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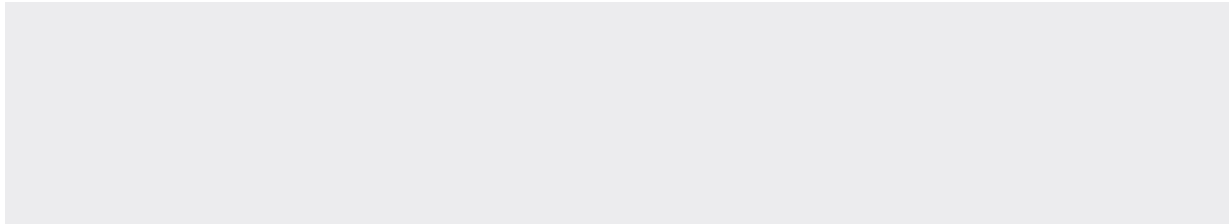


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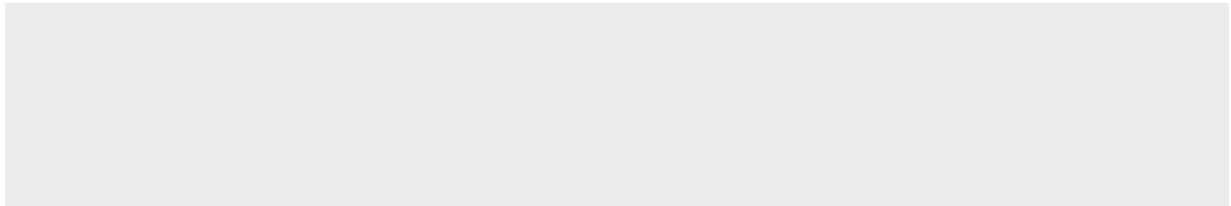


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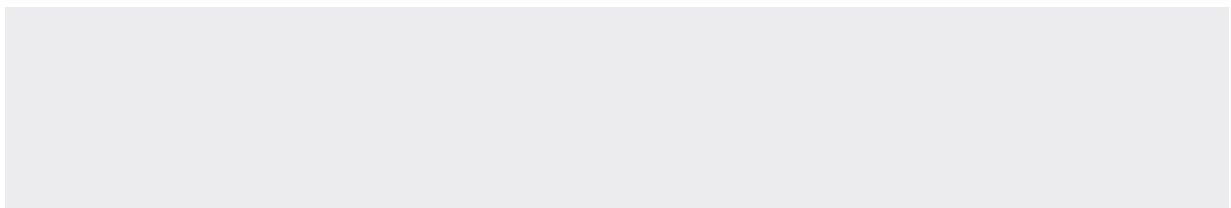
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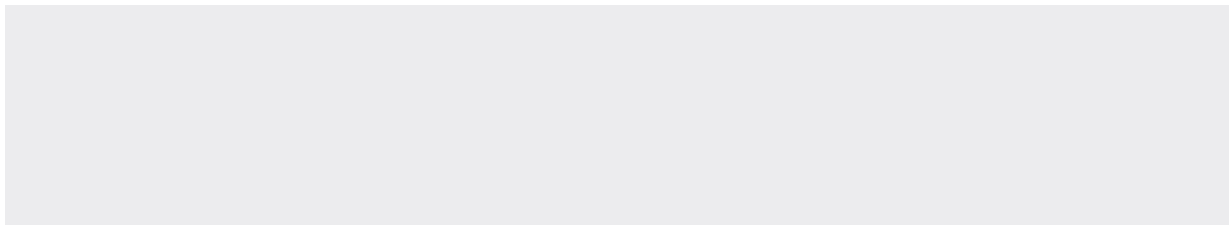
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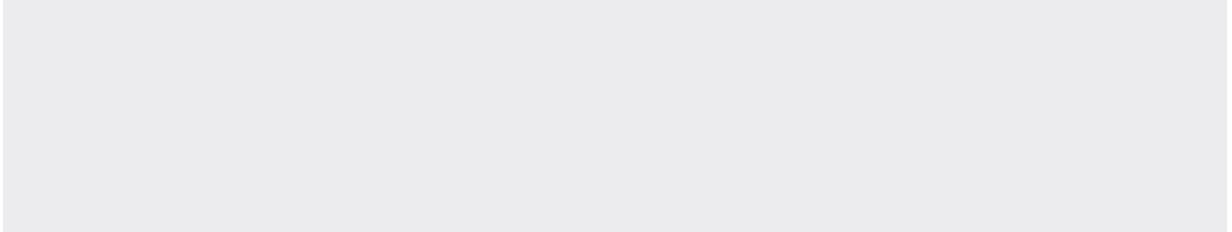


WEEK 4: DAY 1

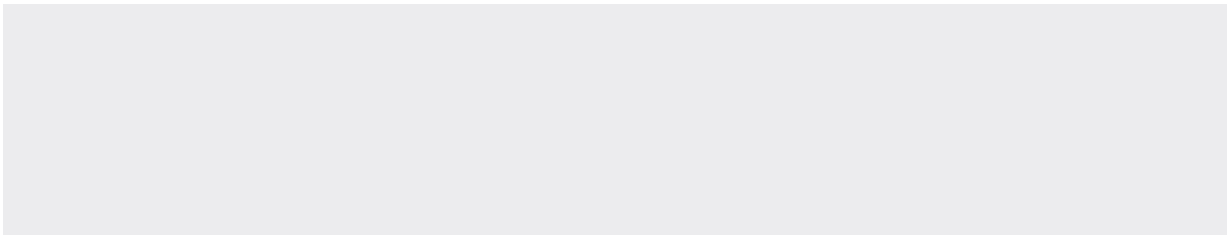
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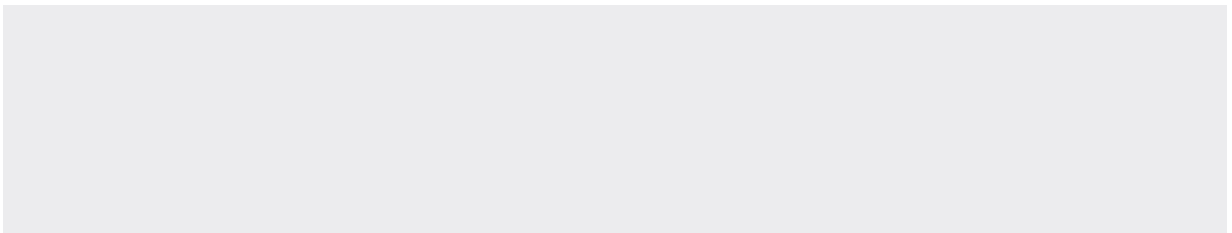
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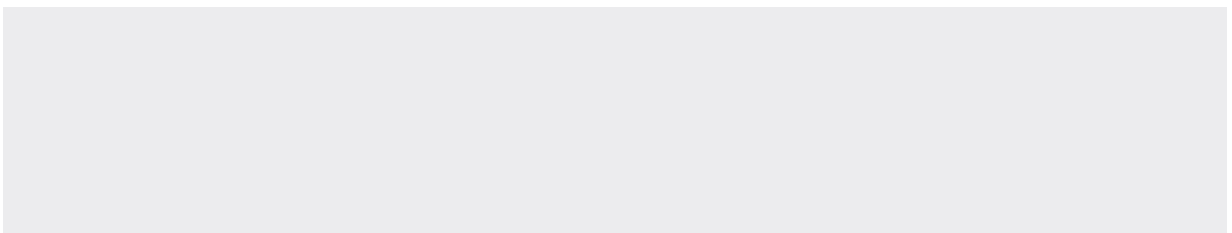
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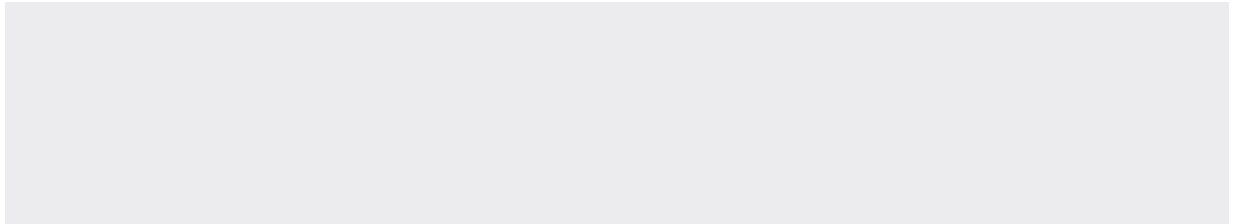


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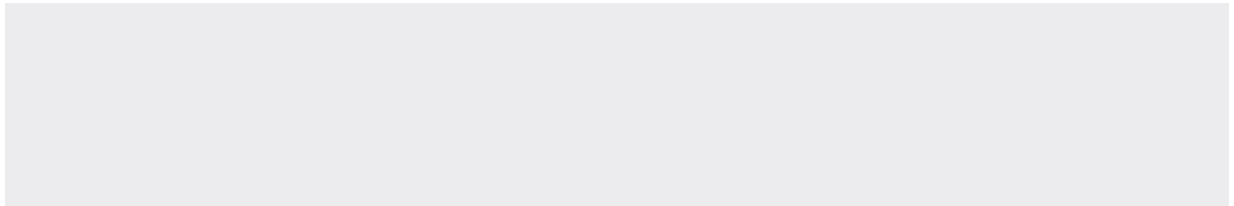


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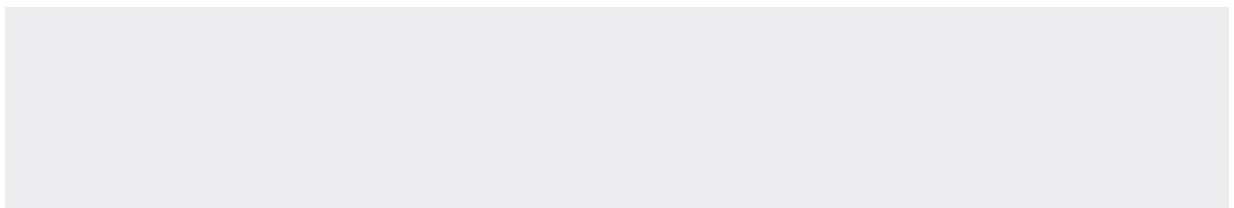
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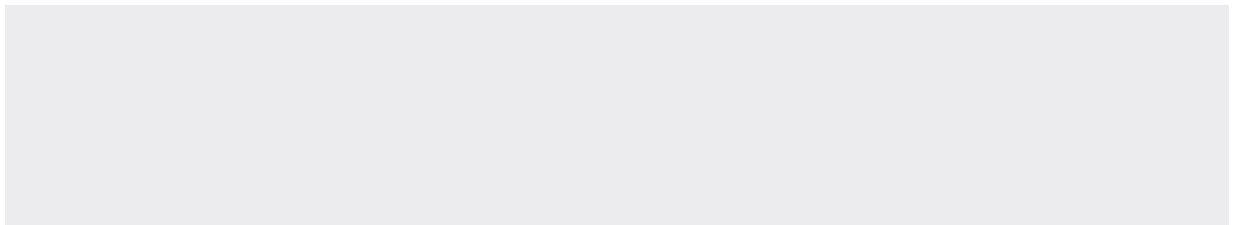
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WEEK 4: DAY 2

DATE:

MORNING GRATITUDE JOURNAL

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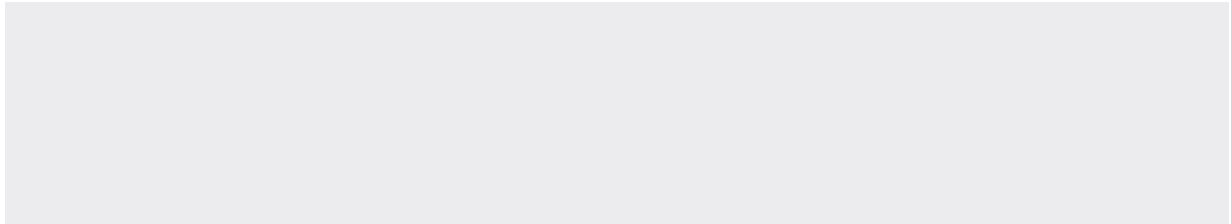
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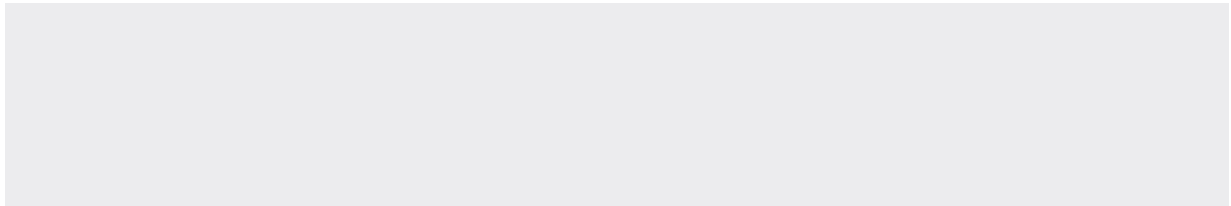
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NIGHT-TIME GRATITUDE JOURNAL

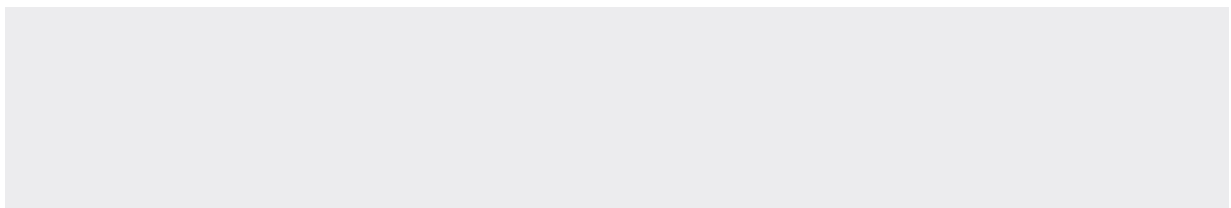
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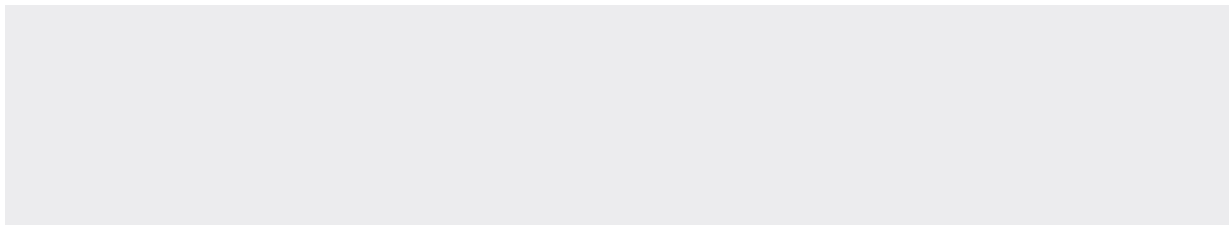
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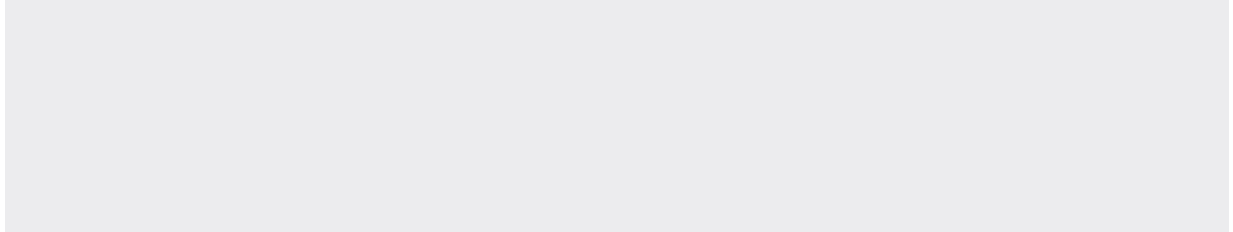


WEEK 4: DAY 3

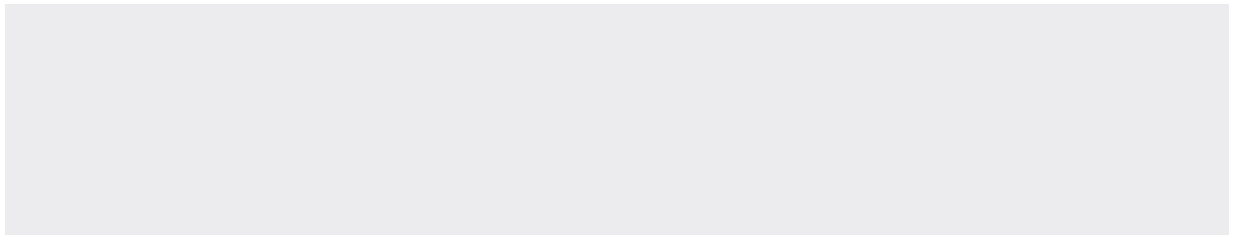
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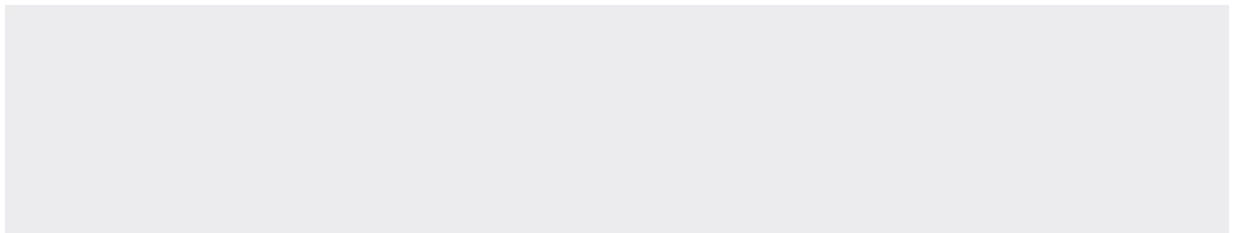
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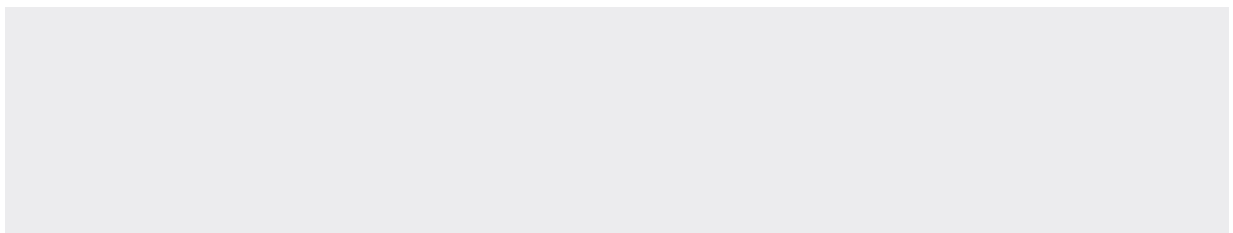
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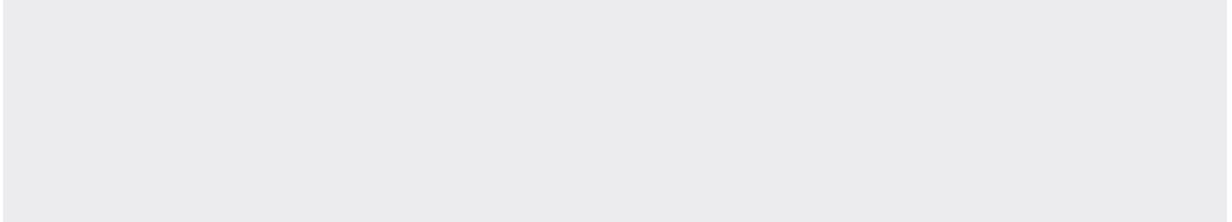


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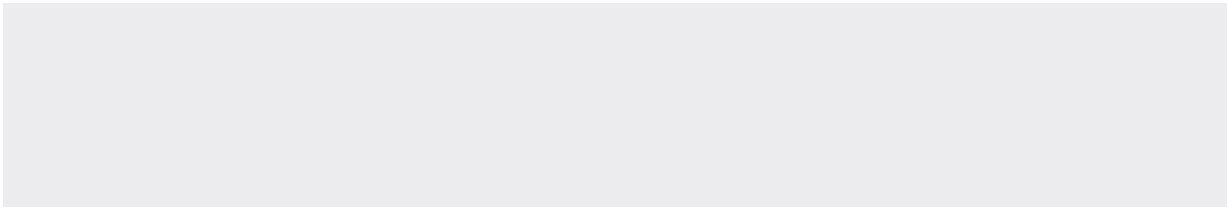


NIGHT-TIME GRATITUDE JOURNAL

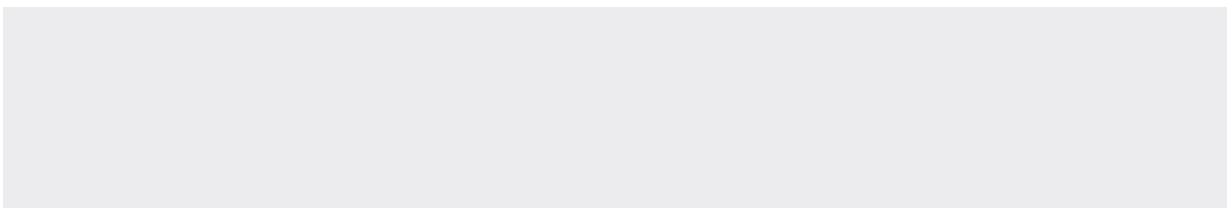
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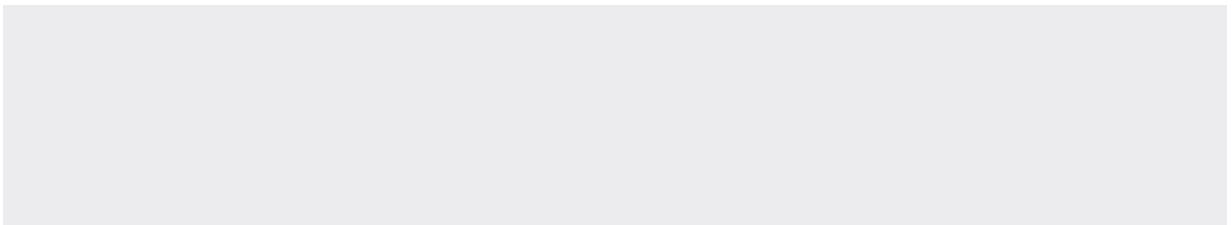
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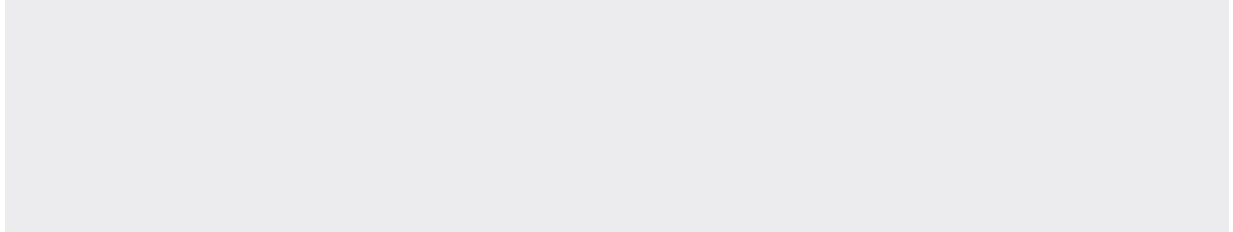


WEEK 4: DAY 4

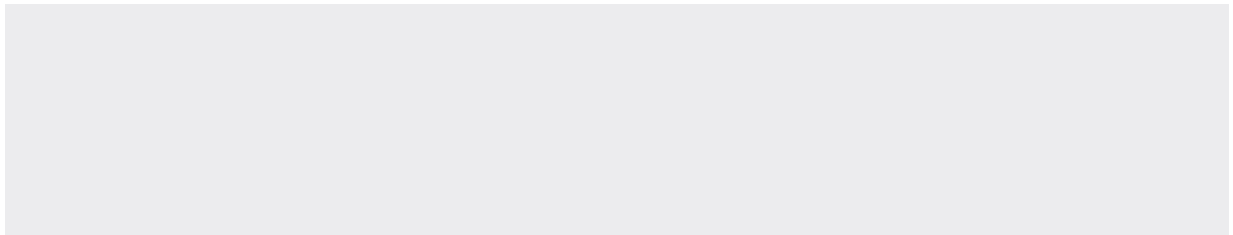
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MORNING GRATITUDE JOURNAL

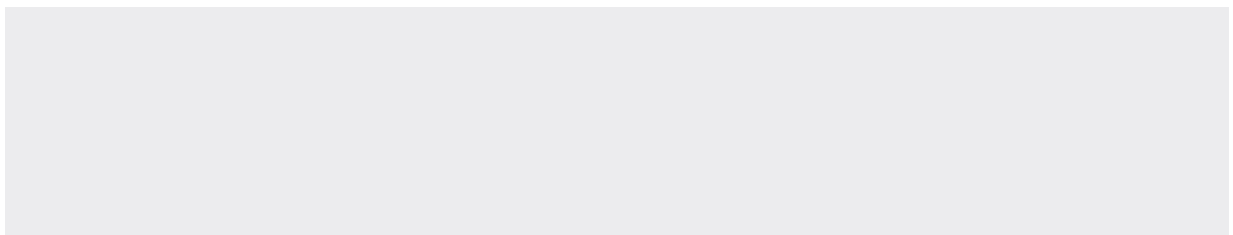
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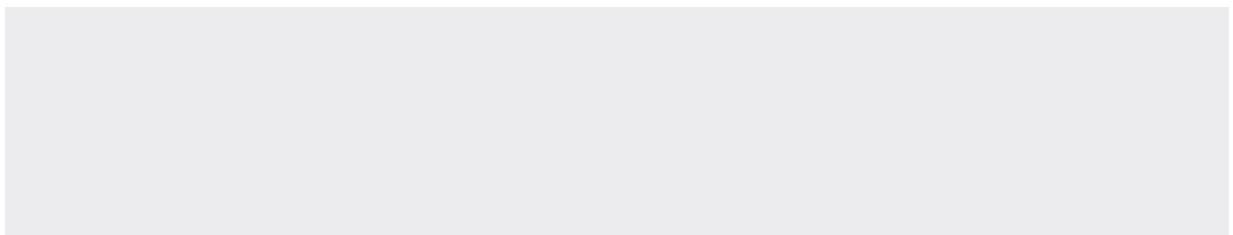
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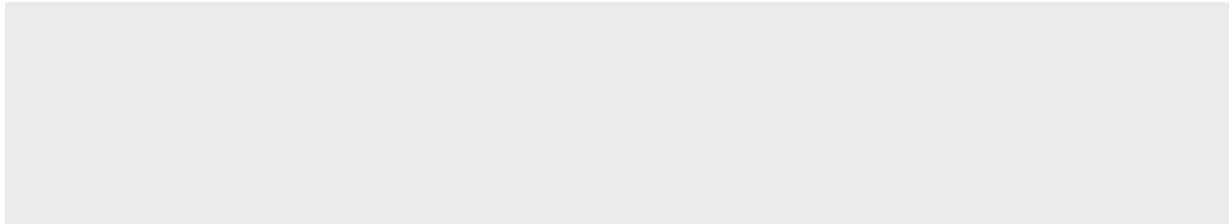


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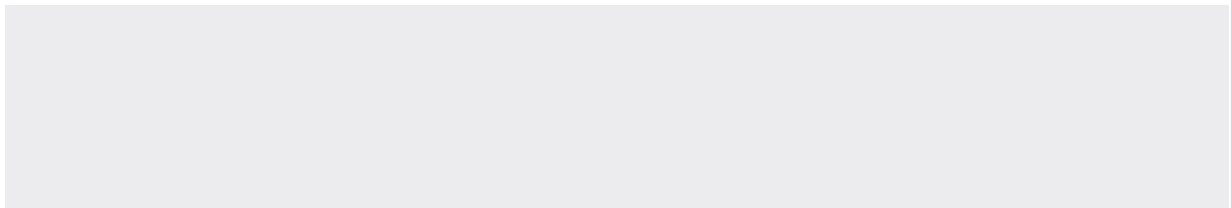


NIGHT-TIME GRATITUDE JOURNAL

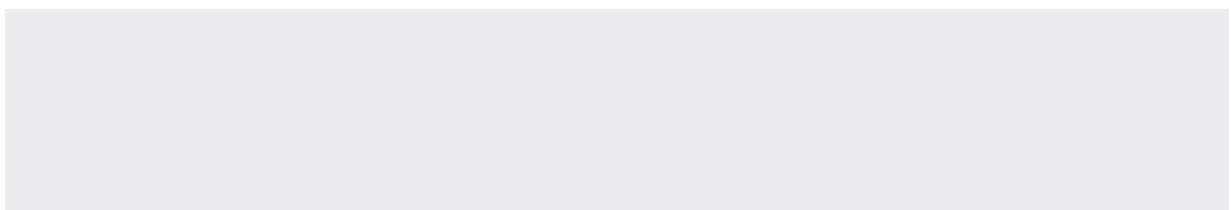
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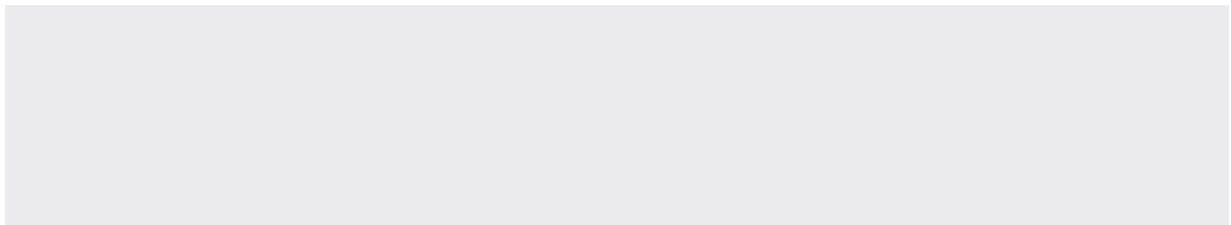
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WEEK 4: DAY 5

DATE:

MORNING GRATITUDE JOURNAL

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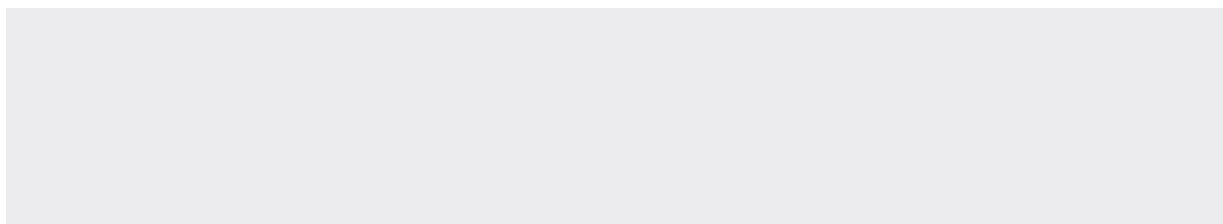
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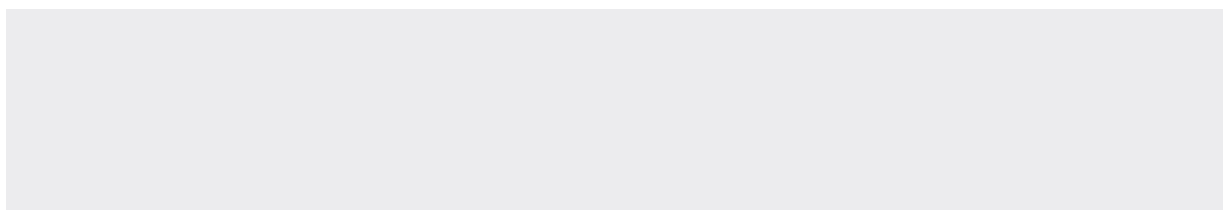
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NIGHT-TIME GRATITUDE JOURNAL

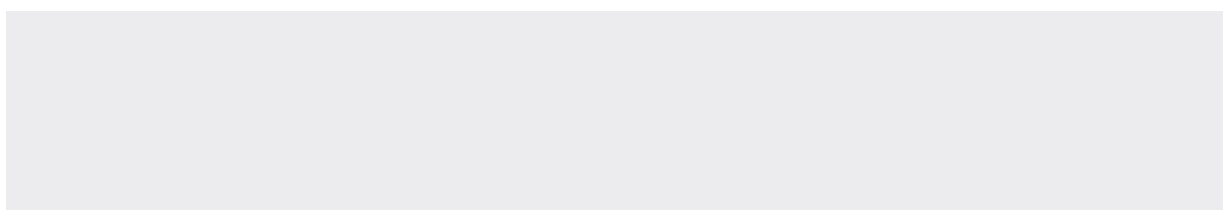
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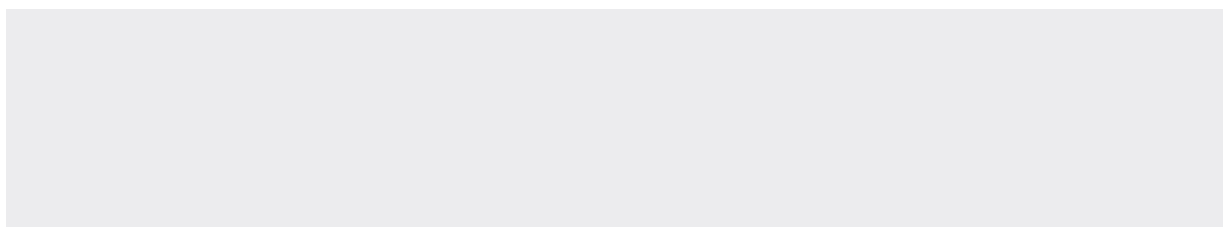
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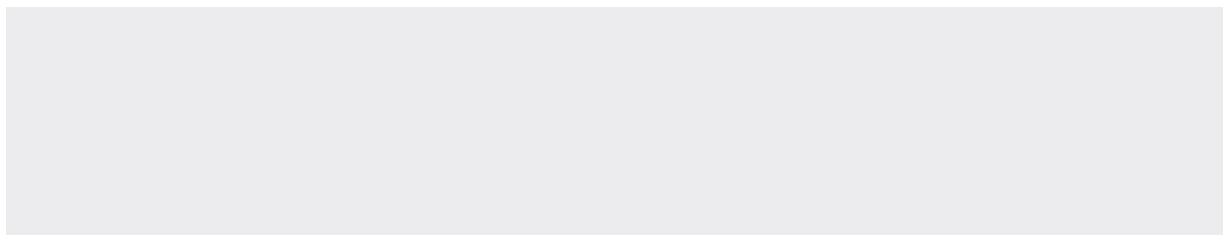


WEEK 4: DAY 6

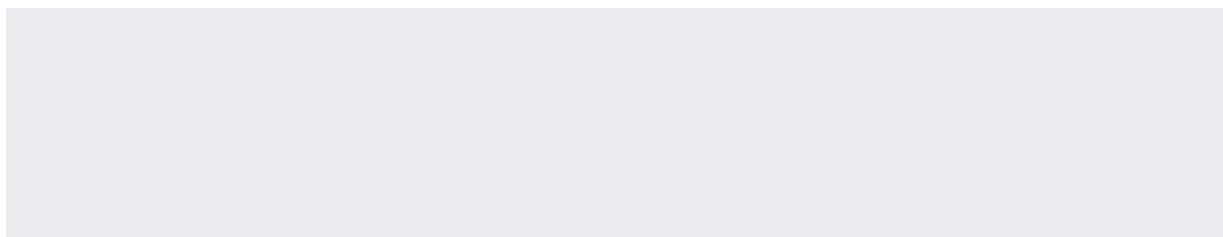
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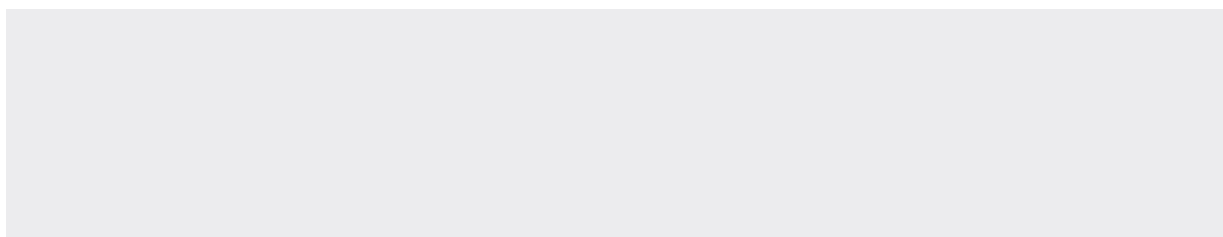
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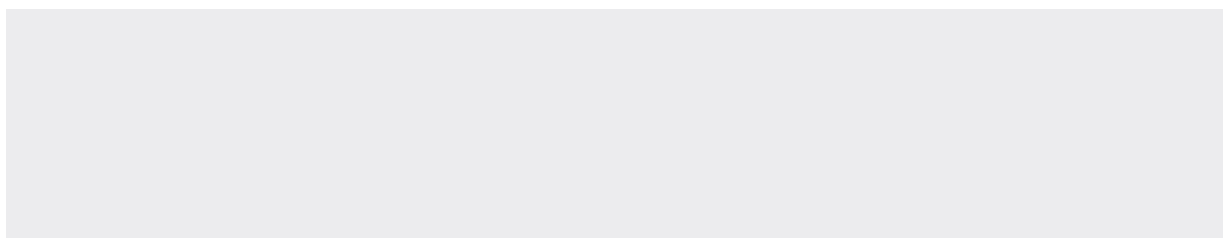
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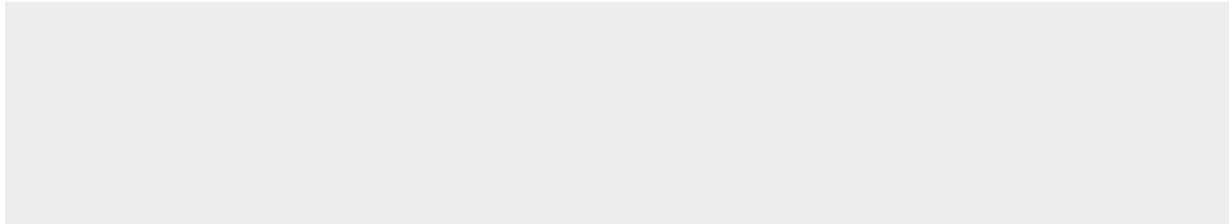


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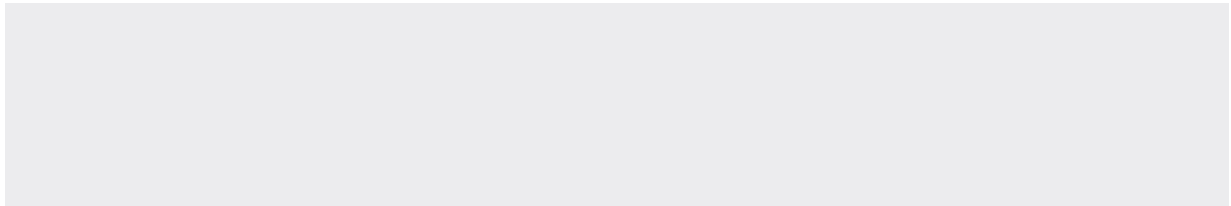


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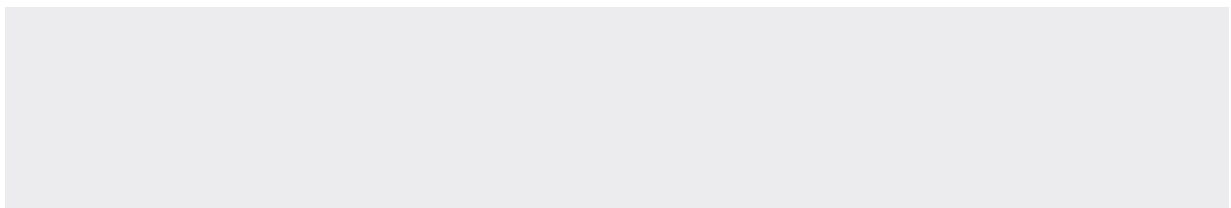
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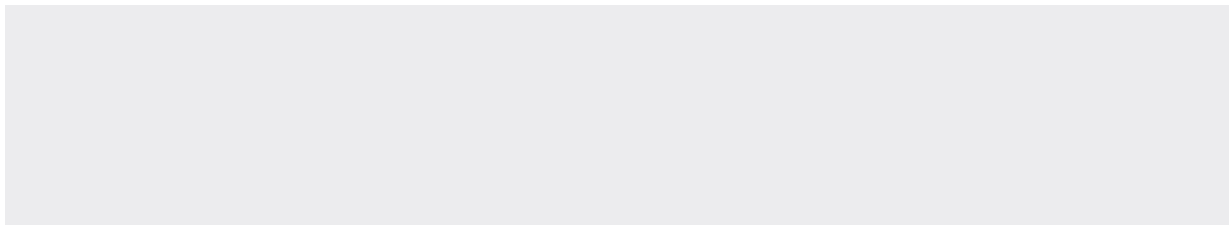
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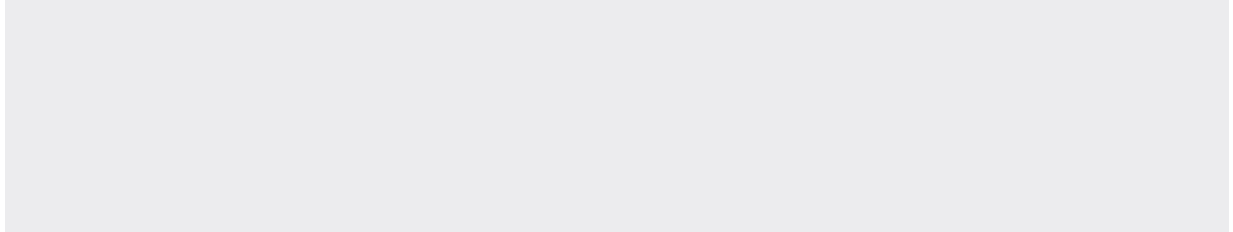


WEEK 4: DAY 7

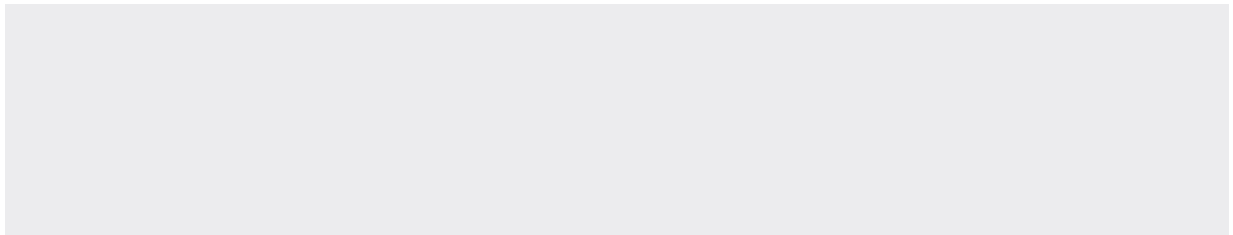
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MORNING GRATITUDE JOURNAL

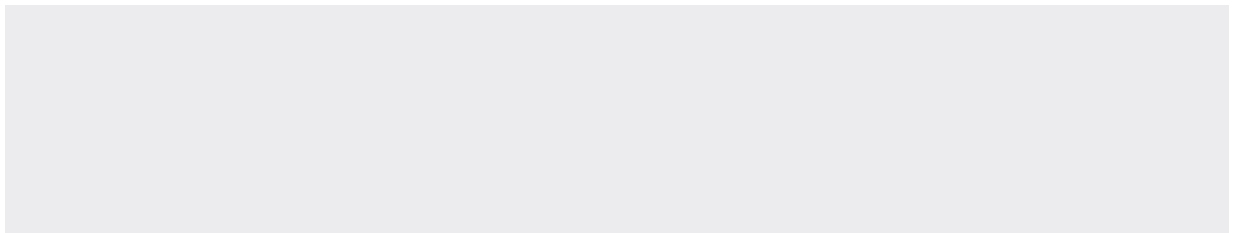
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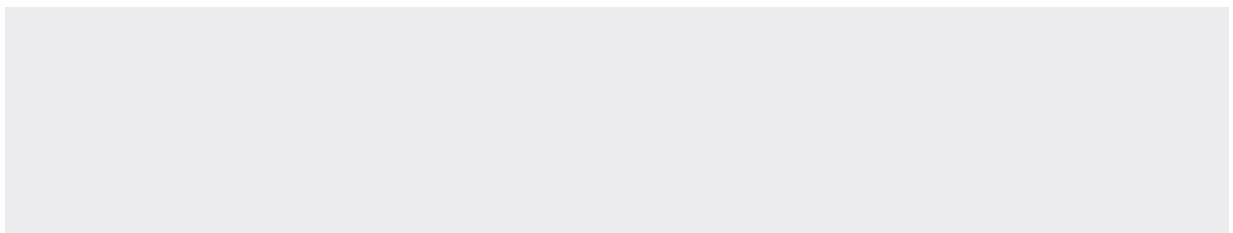
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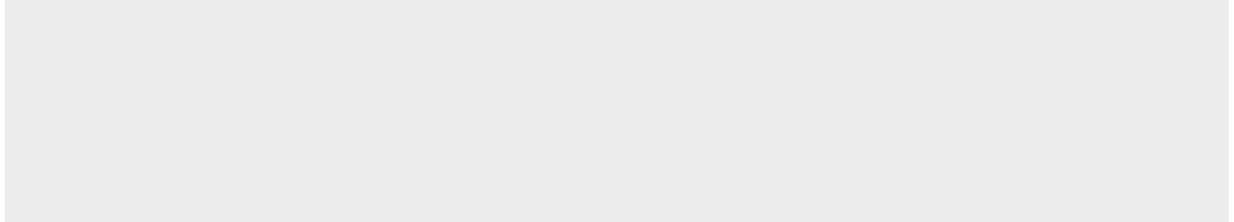


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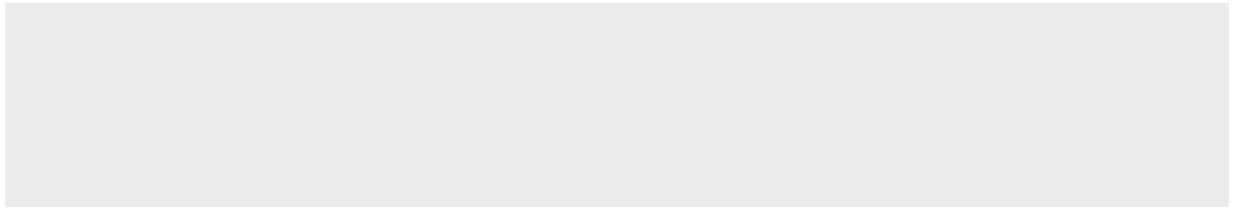


NIGHT-TIME GRATITUDE JOURNAL

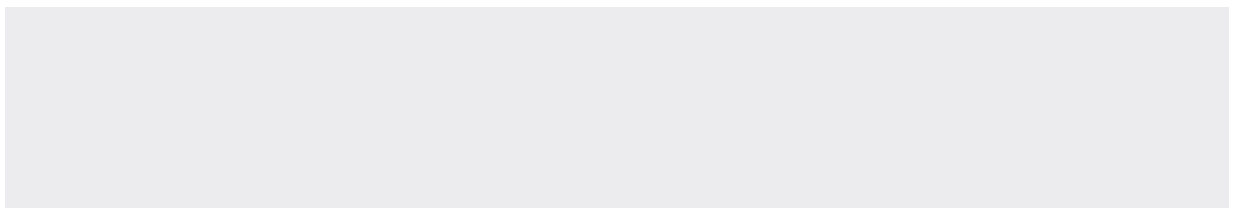
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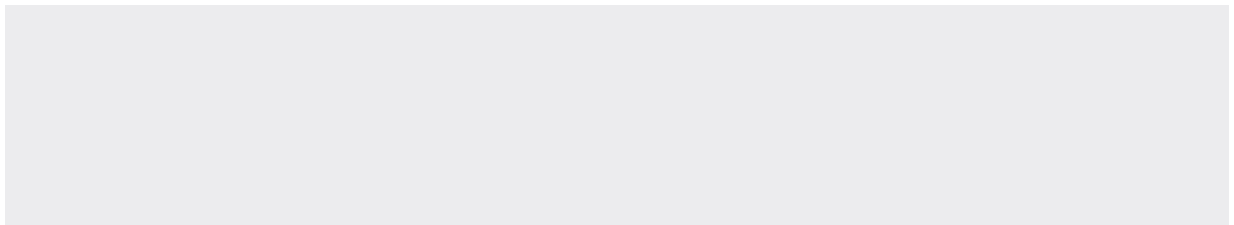
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Stage 3



SLEEP WINDOWS



Week 5	Went to bed at:	No. of times stimulus control?	Got out of bed?	Sleep Duration?	Subjective sleep score (out of 10)
Night 1					
Night 2					
Night 3					
Night 4					
Night 5					
Night 6					
Night 7					
Total Sleep duration					

Average sleep duration for the week =

Week 6	Went to bed at:	No. of times stimulus control?	Got out of bed?	Sleep Duration?	Subjective sleep score (out of 10)
Night 1					
Night 2					
Night 3					
Night 4					
Night 5					
Night 6					
Night 7					
Total Sleep duration					

Average sleep duration for the week =

SLEEP SCHEDULING



Week number 5	Last night I went to bed at:	I got up at:	I was in bed for X minutes	It took me X minutes to fall asleep	I woke X number of times	During the night I was awake for X minutes	I estimate that I slept for Y minutes	Comments	Subjective sleep score
Night 1									
Night 2									
Night 3									
Night 4									
Night 5									
Night 6									
Night 7									
Average in minutes			A =				B =		
Average in hours and minutes							C =		

Sleep efficiency = **B / A** X 100 =

Week number 6	Last night I went to bed at:	I got up at:	I was in bed for X minutes	It took me X minutes to fall asleep	I woke X number of times	During the night I was awake for X minutes	I estimate that I slept for Y minutes	Comments	Subjective sleep score
Night 1									
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Night 5									
Night 6									
Night 7									
Average in minutes			A =				B =		
Average in hours and minutes							C =		

Sleep efficiency = **B / A** X 100 =

THOUGHT RECORD: EXAMPLE



STEP 1: PAUSE

What happened here?

I am anxious that I will not sleep tonight and spend my time in bed awake.

STEP 2: TRIGGER

Who, What, When, Where, Why?

I just started to have this thought pop into my head the later it is getting so time was the trigger for this thought. I get this thought because there have been times in the past where I have not slept well at night and spent a long time getting really stressed and anxious being in bed awake.

STEP 3: THOUGHTS

What thoughts were running through my mind immediately after the trigger?

Worry about spending time in bed tossing and turning, worry how I will feel the next day if I do not sleep. I am thinking that I have to get up at 6.00am as this time is part of my sleep window and also I need to go to work tomorrow.

STEP 4: EMOTIONS

What emotions am I feeling right now? On a scale from 1 to 10, how intense are they?

Anxiety 7, Stress 8, Worry 8.

STEP 5: ALTERNATIVE THOUGHTS

What are some alternative—ideally, more realistic—ways of interpreting what happened?

I know that I can sleep because I have slept well in the past and I have been sleeping much better since I started this programme. If I do start to feel anxious at night that doesn't matter as I now know that you sleep better when you spend less time in bed, so if this happens, I can use either a distraction technique or the paradoxical intention technique. Alternatively, I can go downstairs and enjoy reading my book by the fire. This would be lovely if I could do this as I am enjoying the book I am reading. I also know that if that does happen, it will just strengthen my sleep drive for the following night, which will help me progress with this course and overcome my insomnia in the long run. I know I will be absolutely fine the following day at work! I've slept poorly before and I've still done great. I also now know that I can still have an amazing day after a poor night of sleep, and if I do that I will be teaching my brain that wakefulness and poor sleep at night is not a threat. This will help me overcome my insomnia over the long run so if I do not sleep well tonight that would be a really good thing!

STEP 6: RE-RATE EMOTIONS

How intense are my emotions now?

Anxiety 3, Stress 2, Worry 2

PHYSICAL EXERCISE



Daily planner

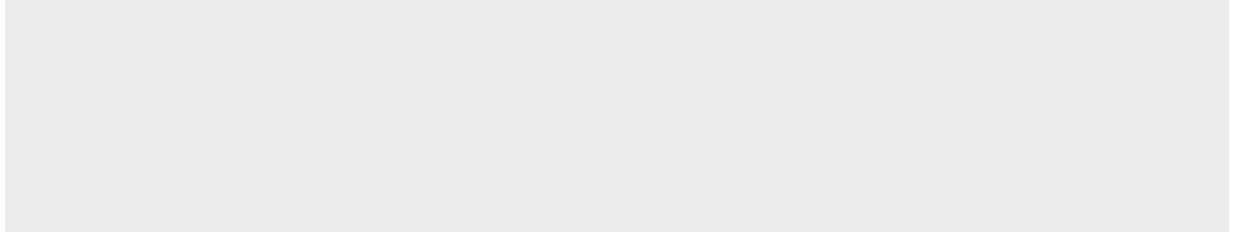
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
What?							
When?							
Duration?							

WEEK 5: DAY 1

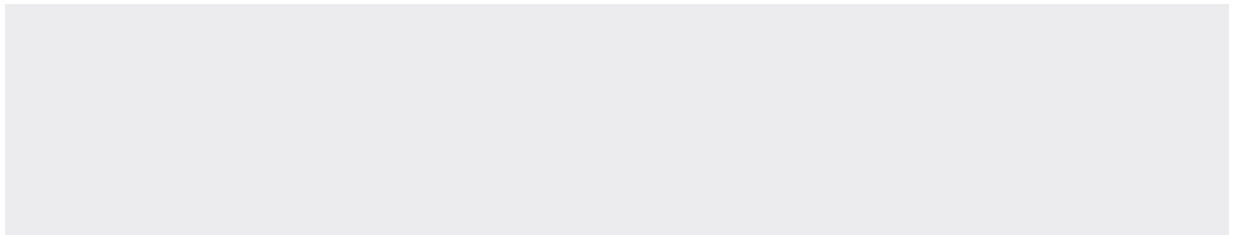
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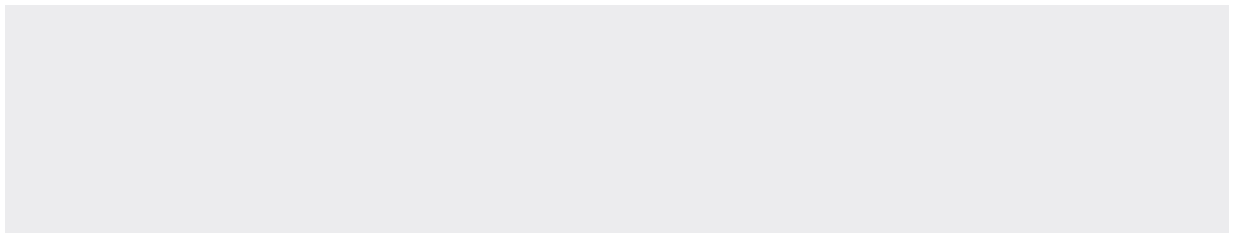
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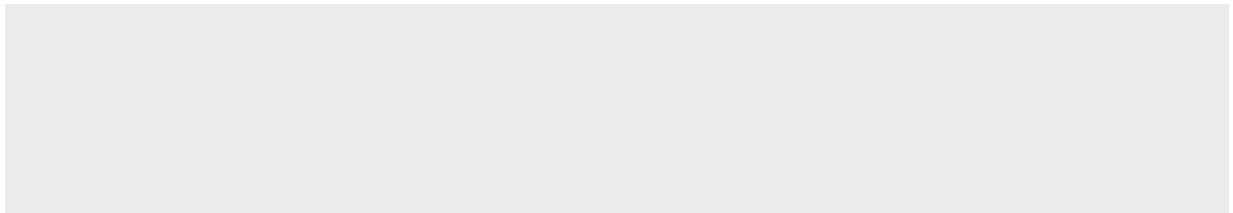
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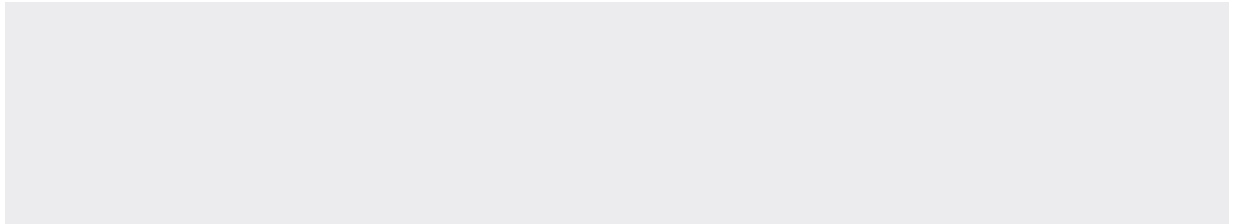


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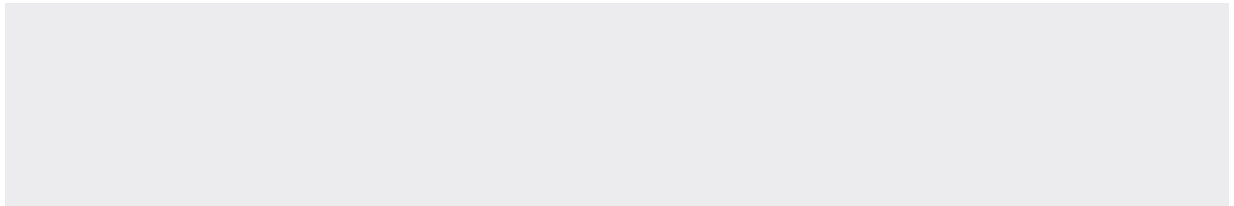


NIGHT-TIME GRATITUDE JOURNAL

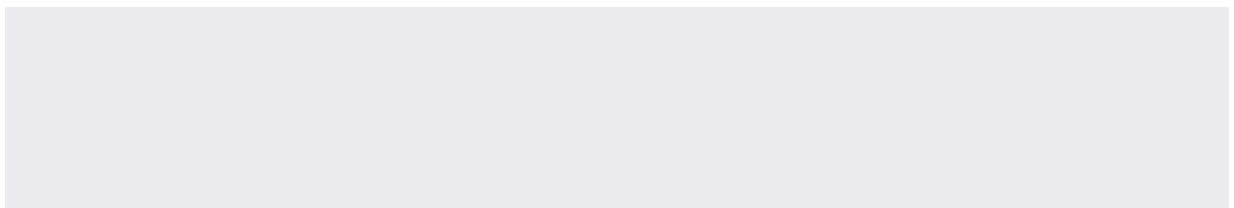
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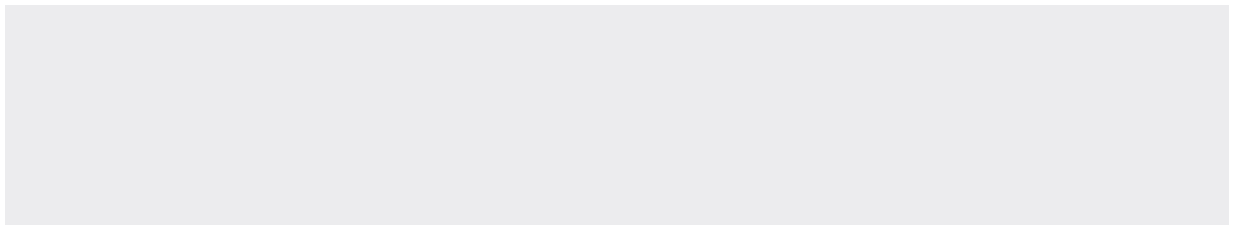
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THE THOUGHT RECORD



STEP1: PAUSE

What happened here?

STEP2: TRIGGER

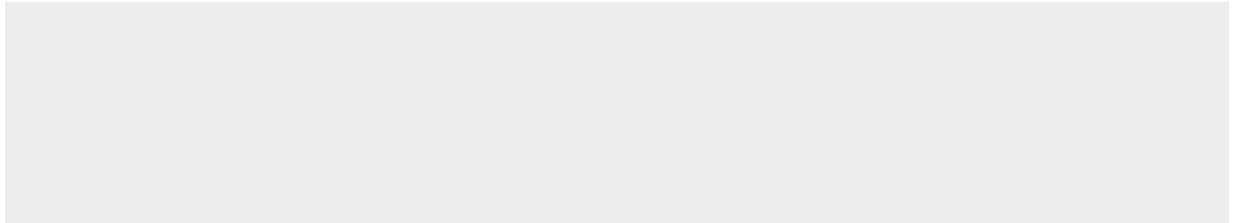
Who, What, When, Where, Why?

STEP 3: THOUGHTS

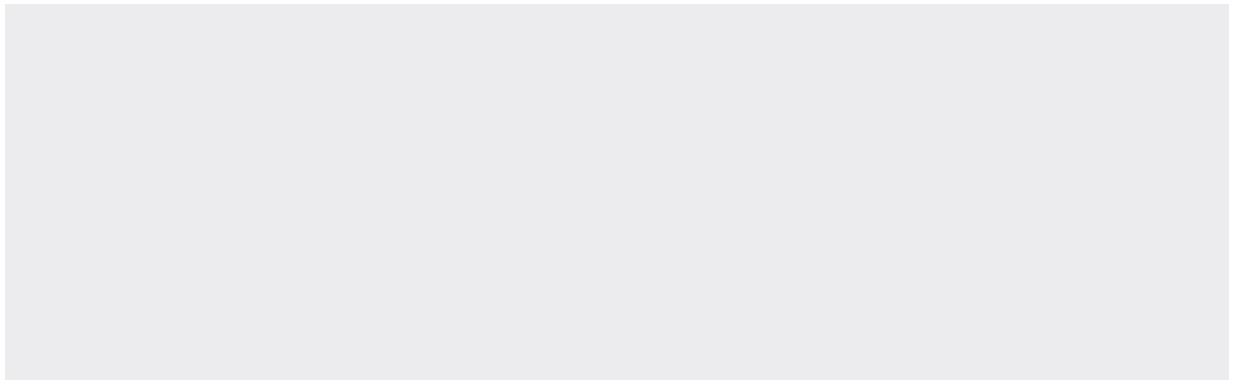
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STEP 4: EMOTIONS

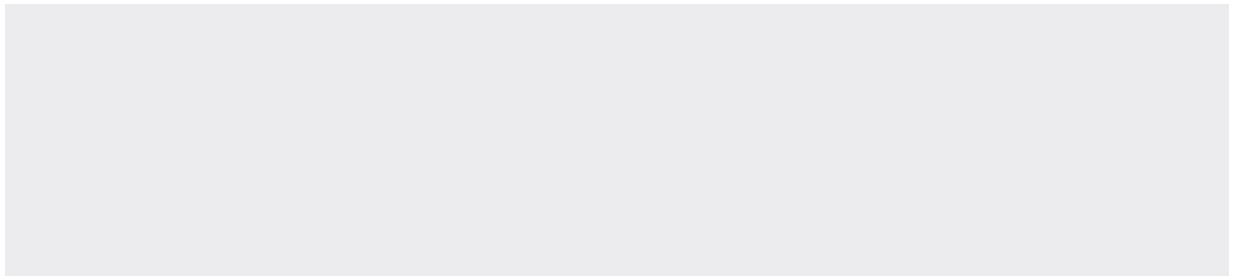
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**STEP 5: ALTERNATIVE THOUGHTS**

What are some alternative—ideally, more realistic—ways of interpreting what happened?

**STEP 6: RE-RATE EMOTIONS**

How intense are my emotions now?



WEEK 5: DAY 2

DATE:

MORNING GRATITUDE JOURNAL

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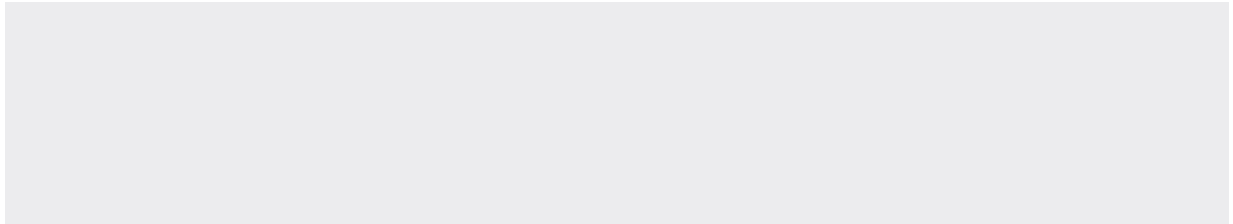
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What am I proud of in my life right now?

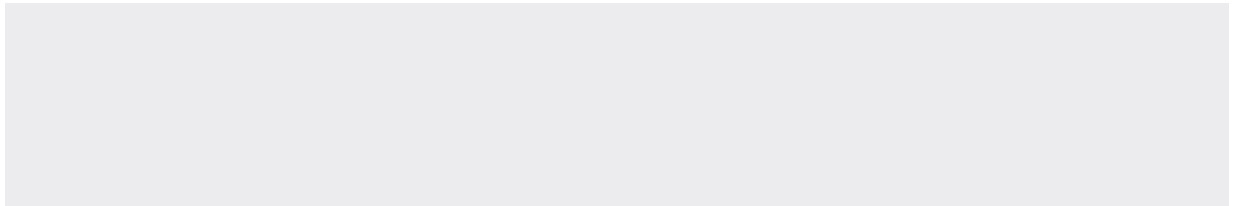
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NIGHT-TIME GRATITUDE JOURNAL

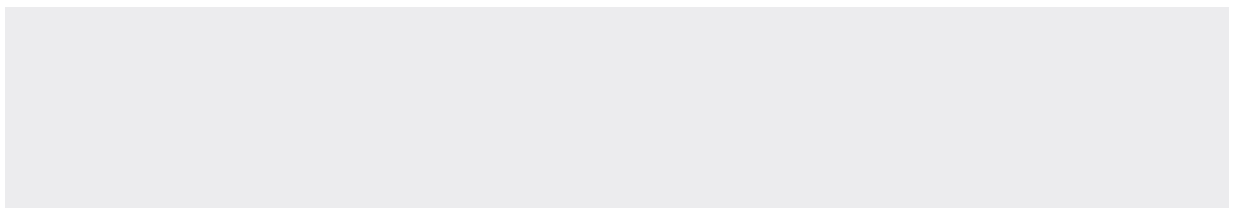
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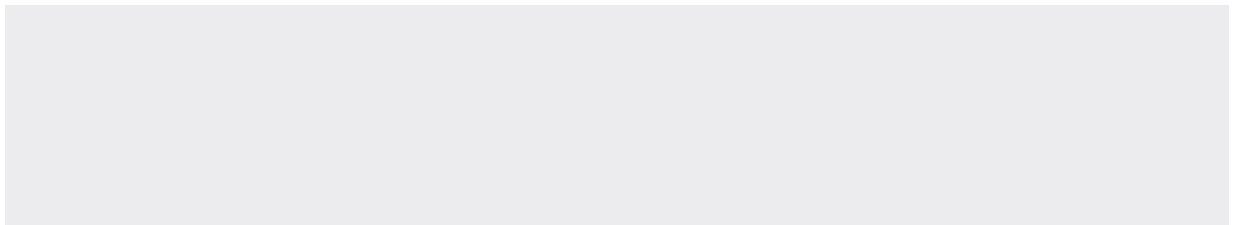
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What small thing did someone do for me today that made my day just a little bit better?



What small things did I do for someone today that made their day just a little bit better?



THE THOUGHT RECORD



STEP1: PAUSE

What happened here?

STEP2: TRIGGER

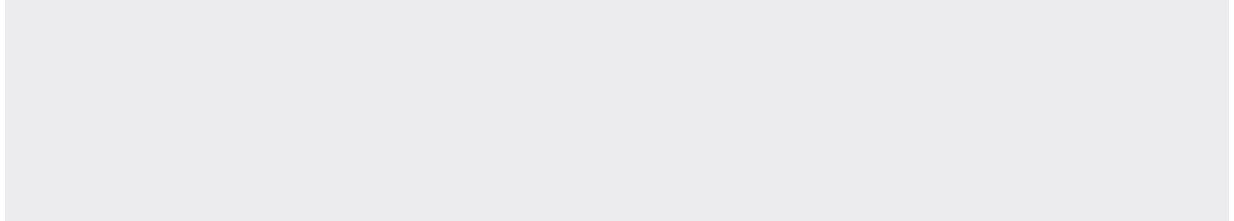
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STEP 3: THOUGHTS

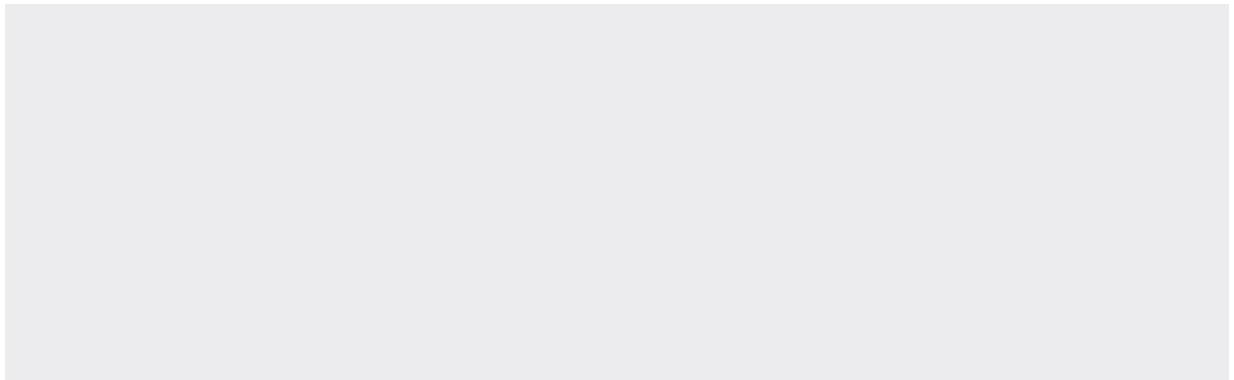
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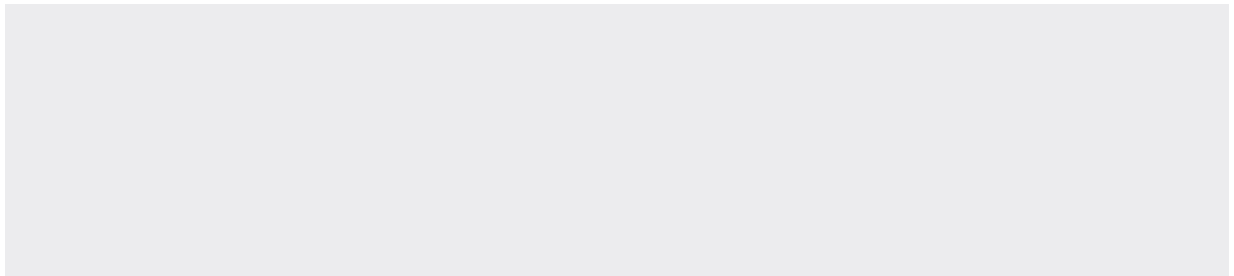
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**STEP 5: ALTERNATIVE THOUGHTS**

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**STEP 6: RE-RATE EMOTIONS**

How intense are my emotions now?

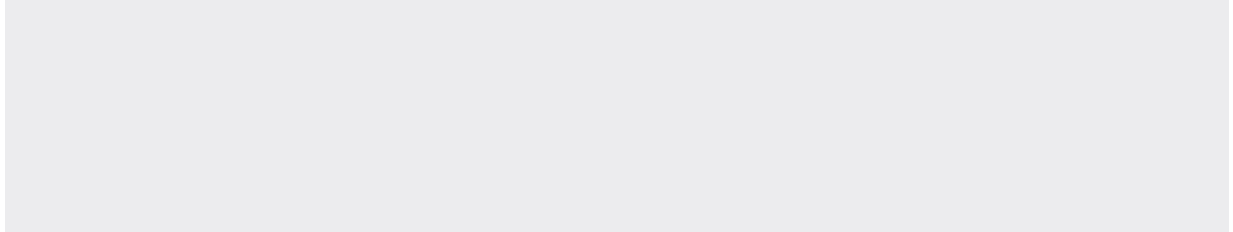


WEEK 5: DAY 3

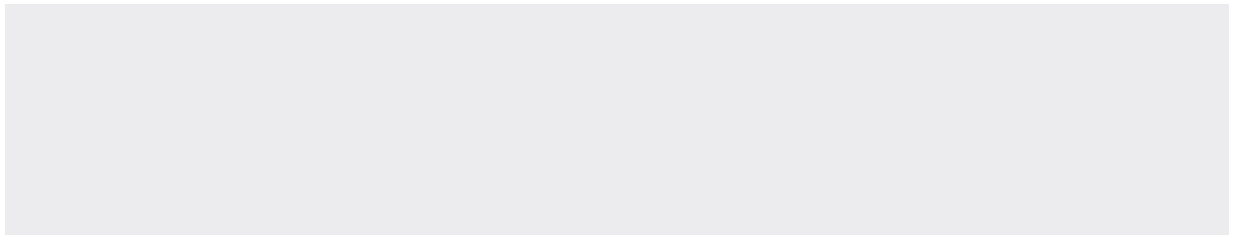
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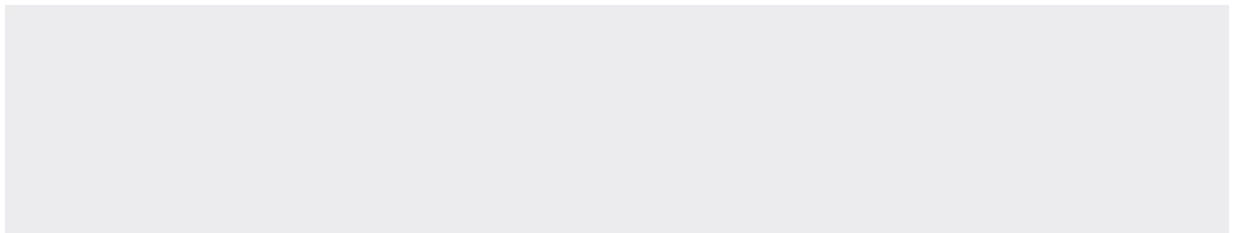
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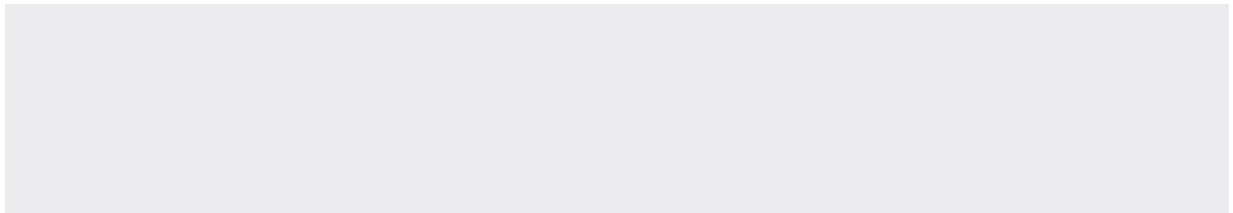
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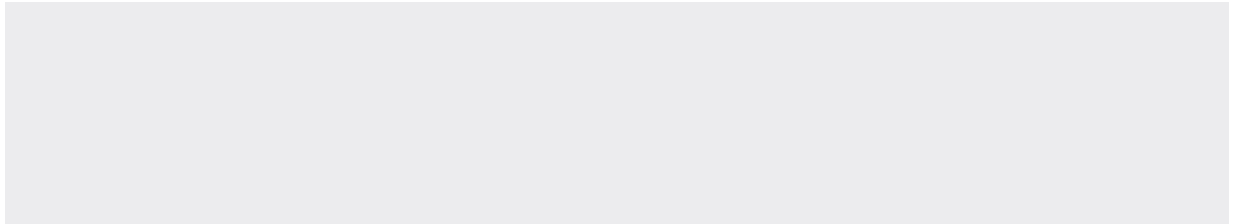


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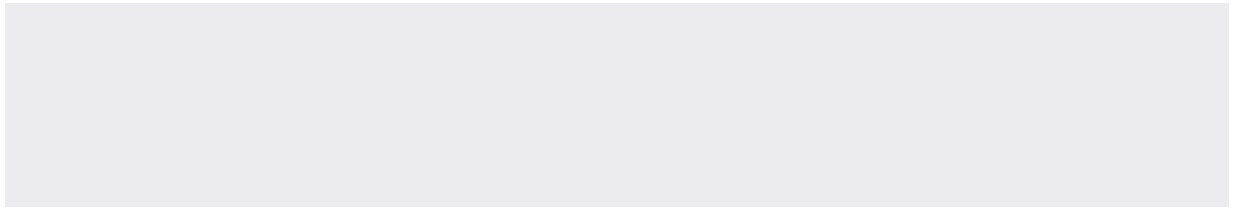


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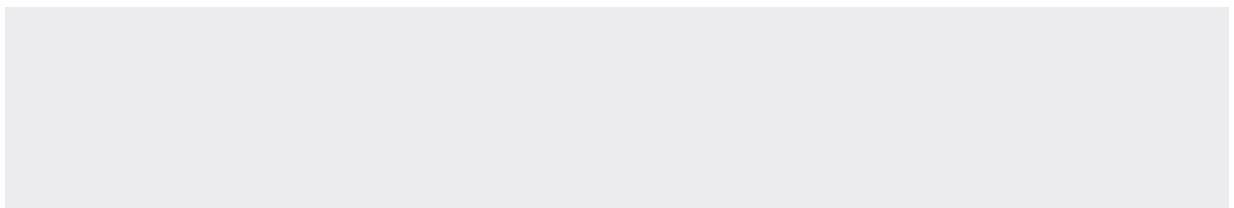
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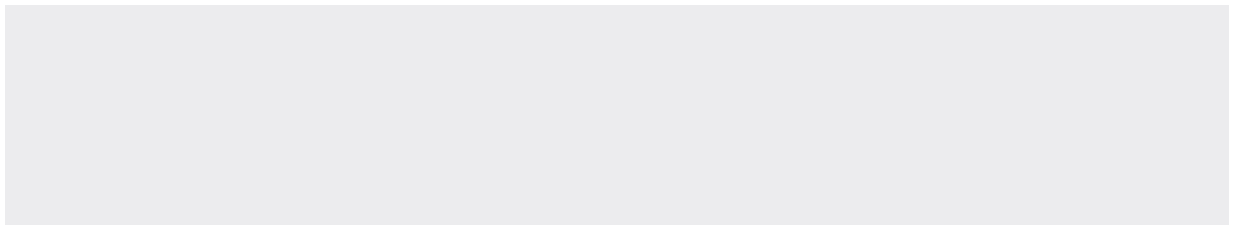
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What small things did I do for someone today that made their day just a little bit better?



THE THOUGHT RECORD



STEP1: PAUSE

What happened here?

STEP2: TRIGGER

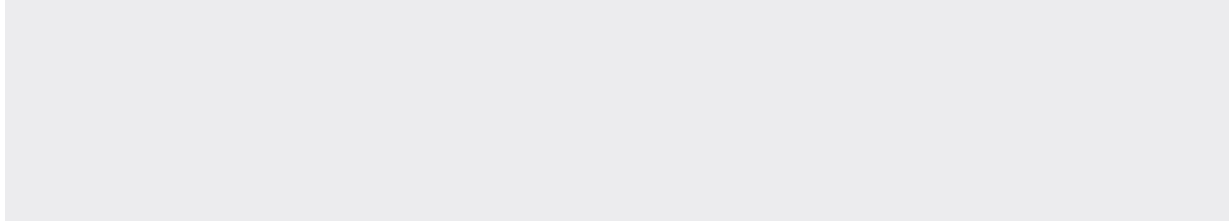
Who, What, When, Where, Why?

STEP 3: THOUGHTS

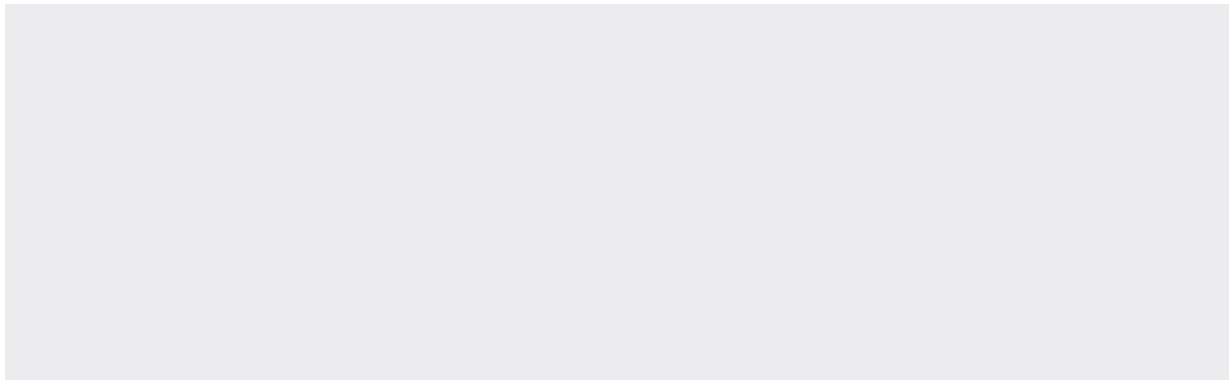
What thoughts were running through my mind immediately after the trigger?

STEP 4: EMOTIONS

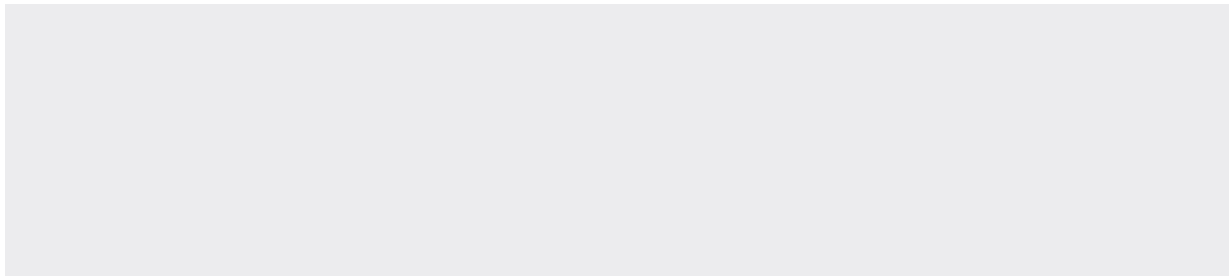
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**STEP 5: ALTERNATIVE THOUGHTS**

What are some alternative—ideally, more realistic—ways of interpreting what happened?

**STEP 6: RE-RATE EMOTIONS**

How intense are my emotions now?



WEEK 5: DAY 4

DATE:

MORNING GRATITUDE JOURNAL

What am I happy about in my life right now?

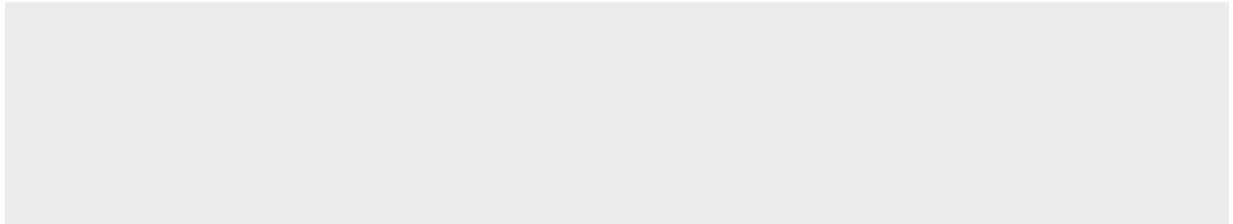
What am I excited about in my life right now?

What am I proud of in my life right now?

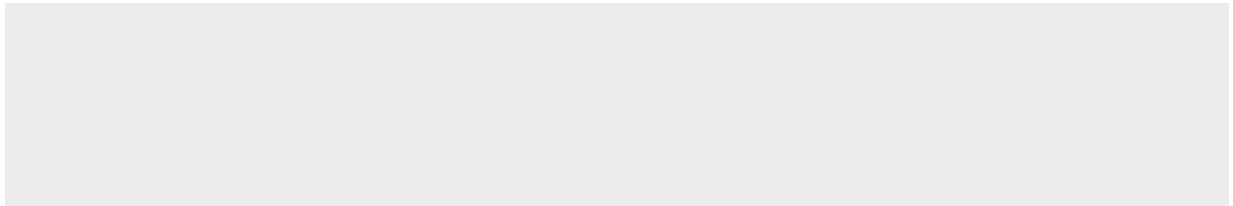
What am I committed to in my life right now?

NIGHT-TIME GRATITUDE JOURNAL

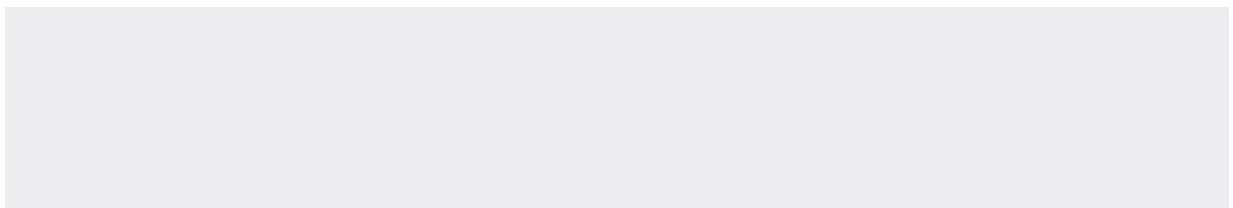
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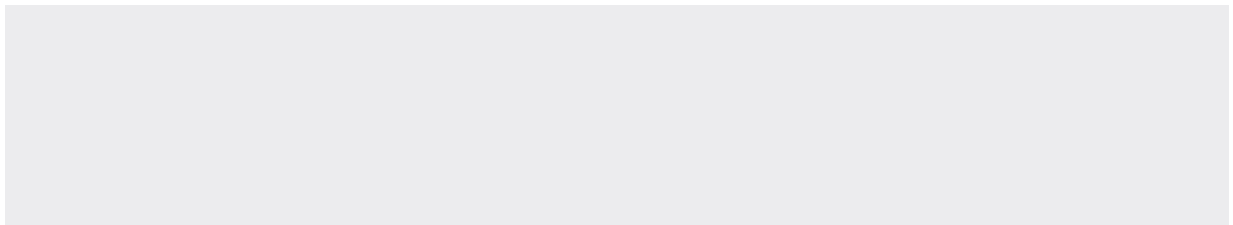
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THE THOUGHT RECORD



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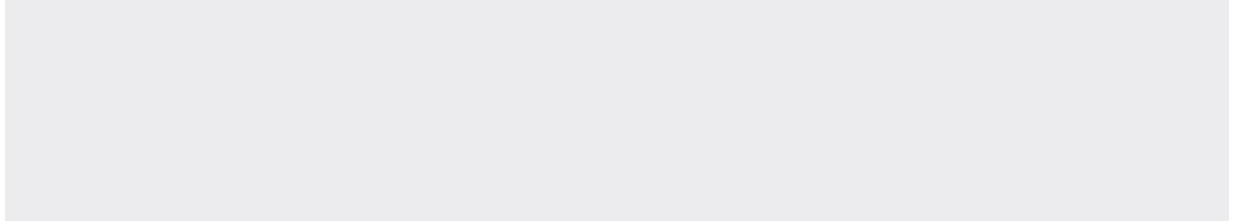
Who, What, When, Where, Why?

STEP 3: THOUGHTS

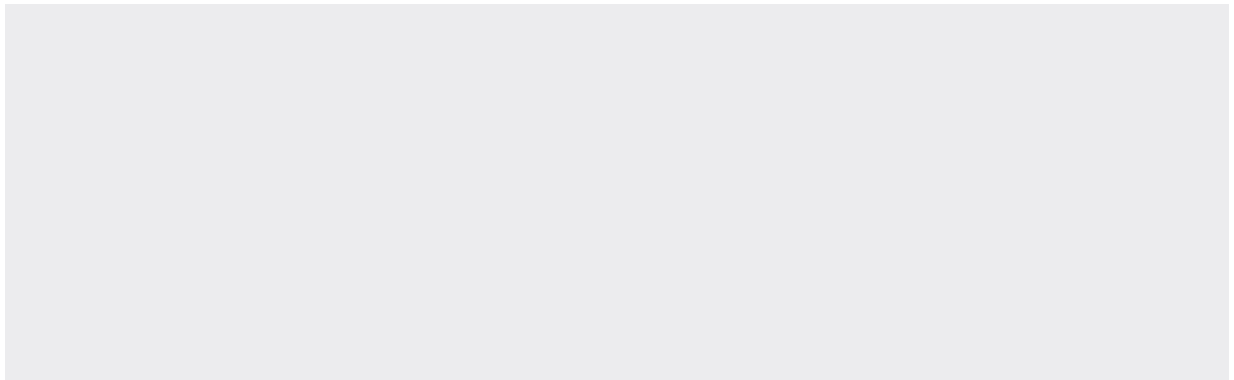
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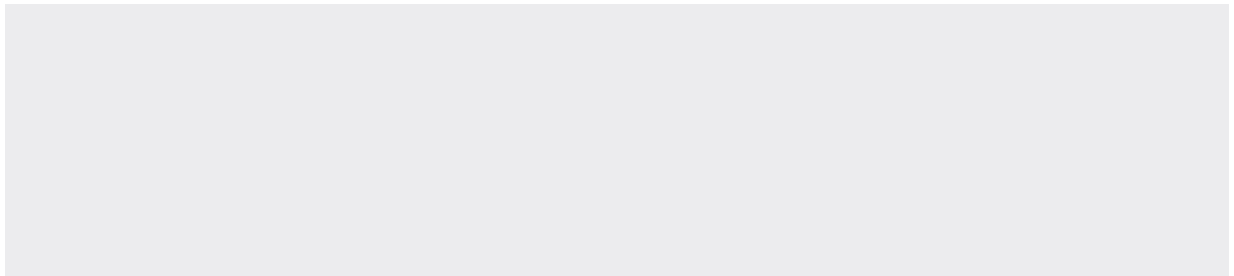
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**STEP 6: RE-RATE EMOTIONS**

How intense are my emotions now?

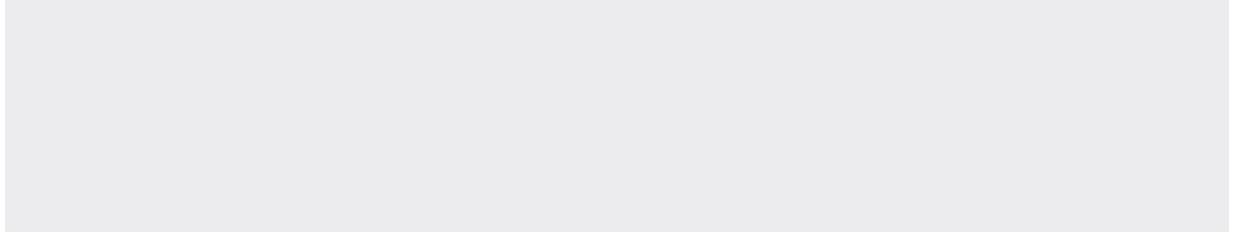


WEEK 5: DAY 5

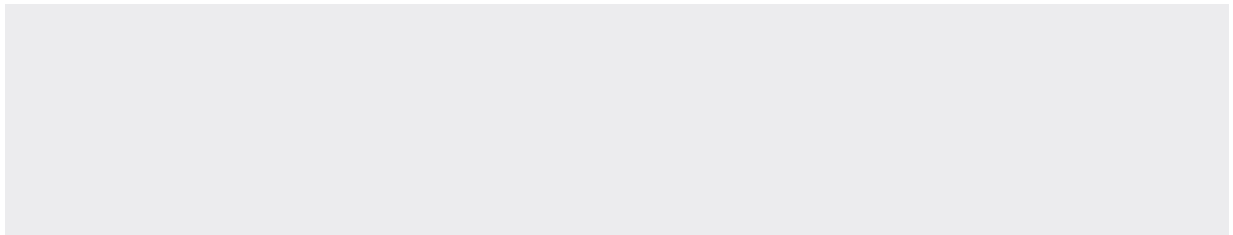
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MORNING GRATITUDE JOURNAL

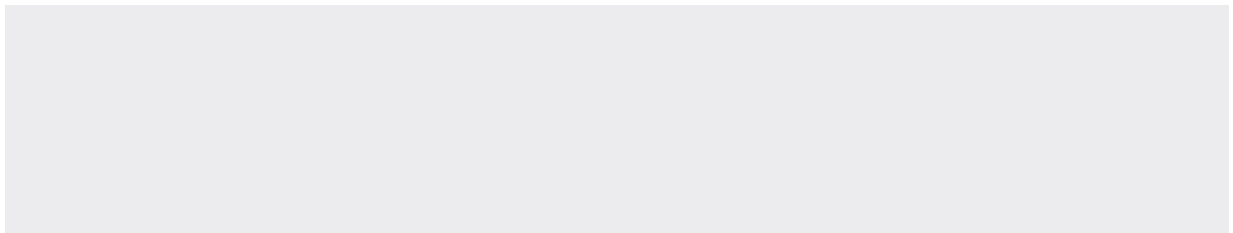
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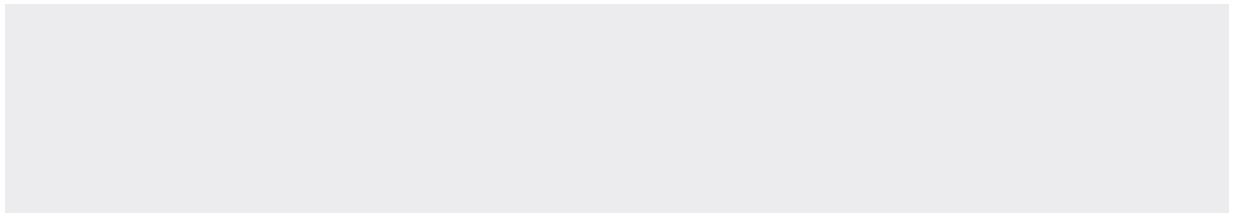
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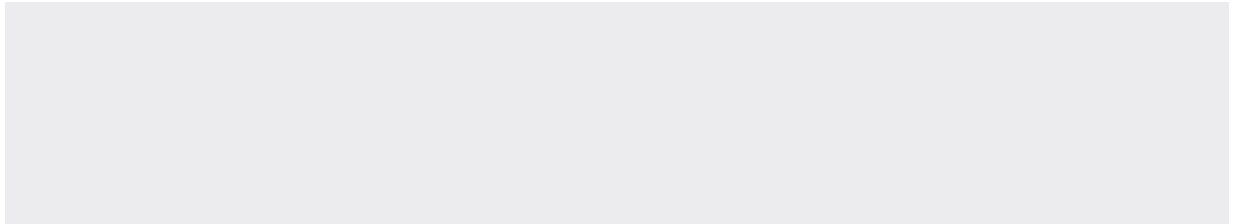


What am I committed to in my life right now?

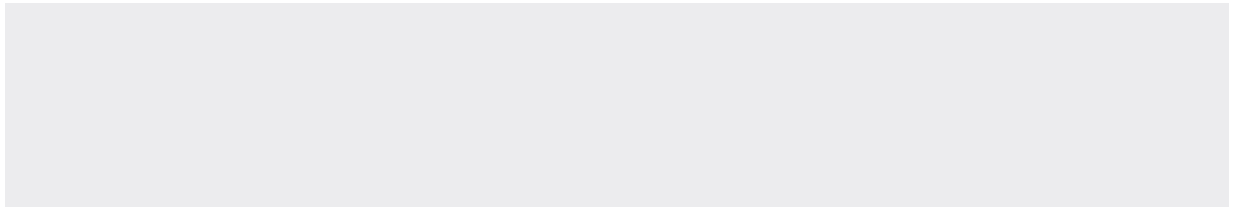


NIGHT-TIME GRATITUDE JOURNAL

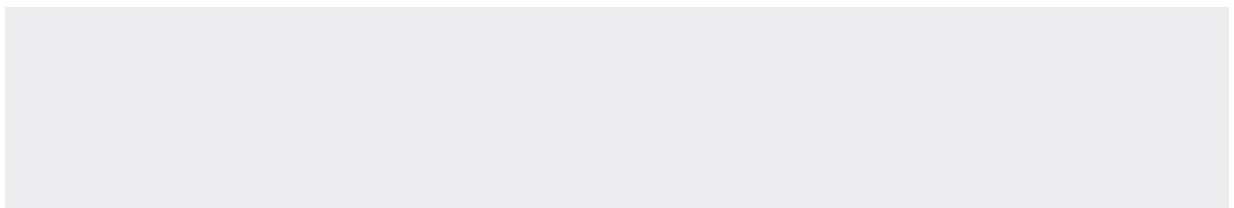
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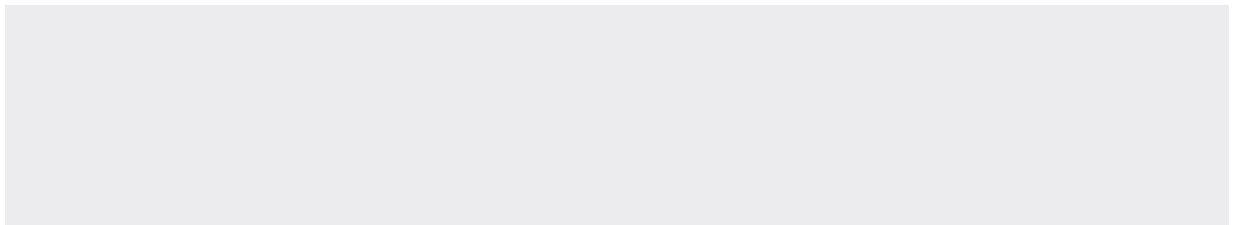
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THE THOUGHT RECORD



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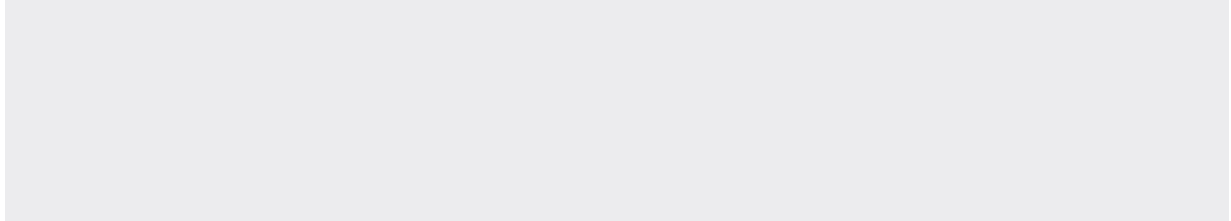
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STEP 3: THOUGHTS

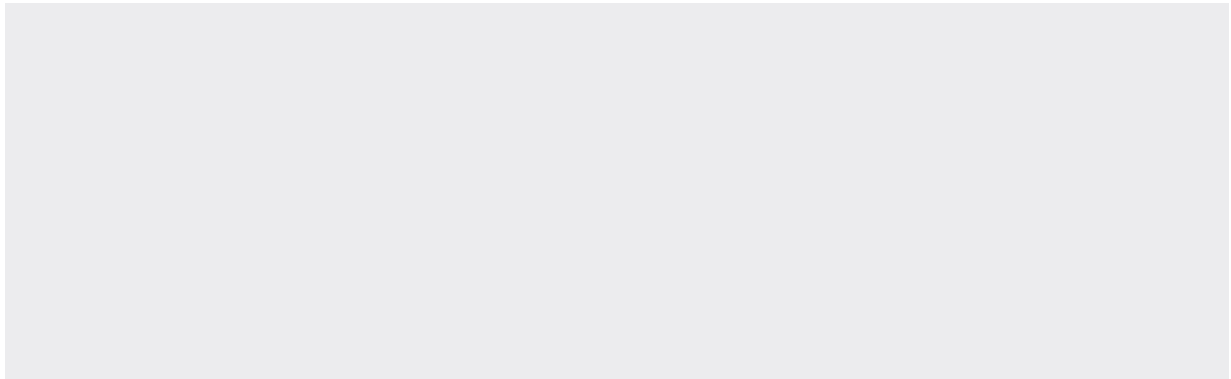
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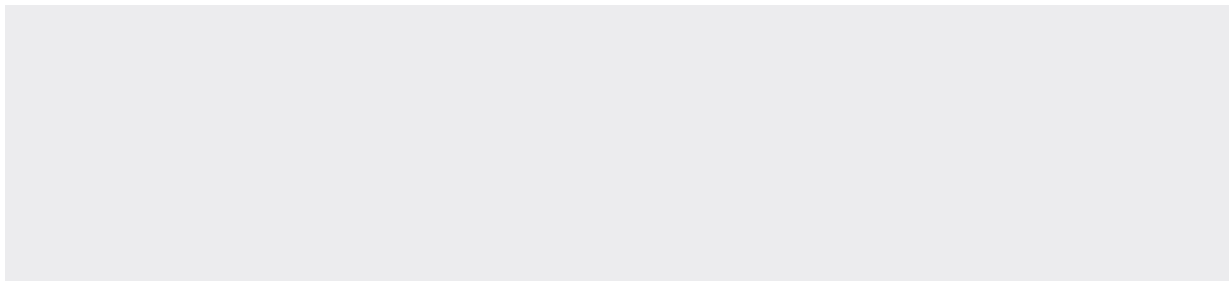
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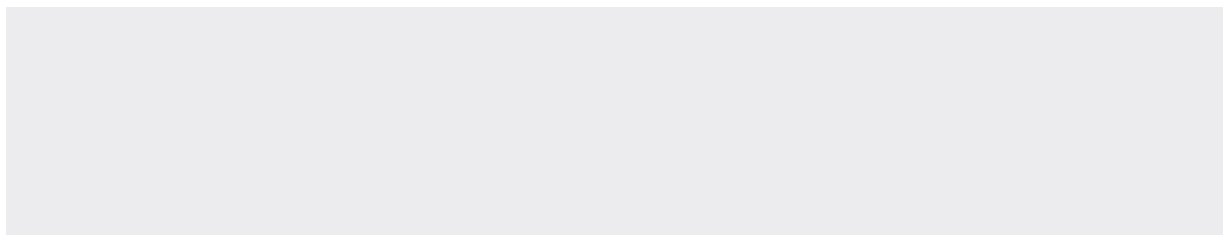


WEEK 5: DAY 6

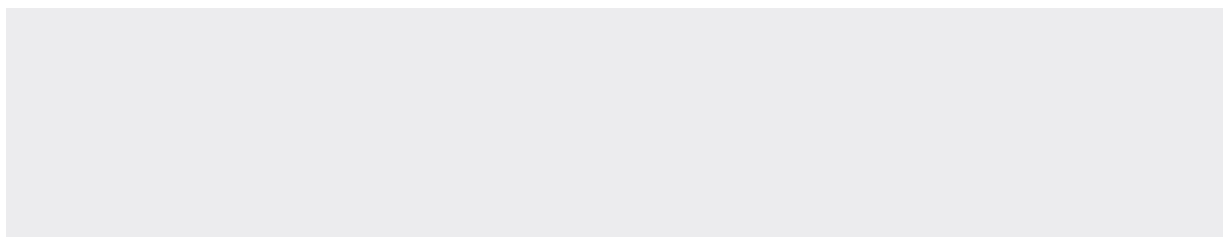
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MORNING GRATITUDE JOURNAL

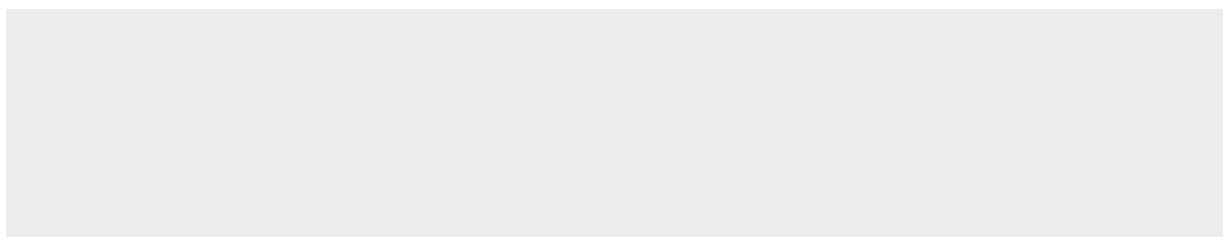
What am I happy about in my life right now?



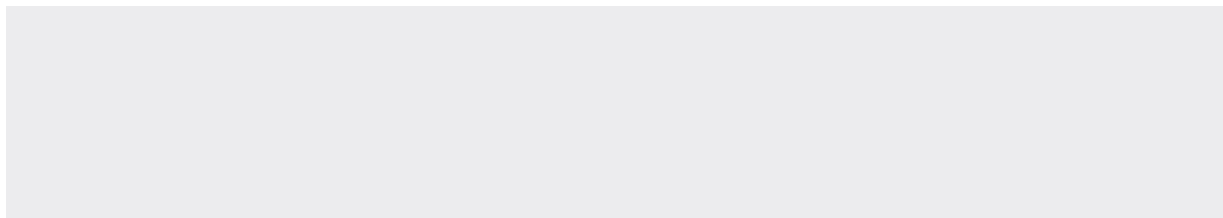
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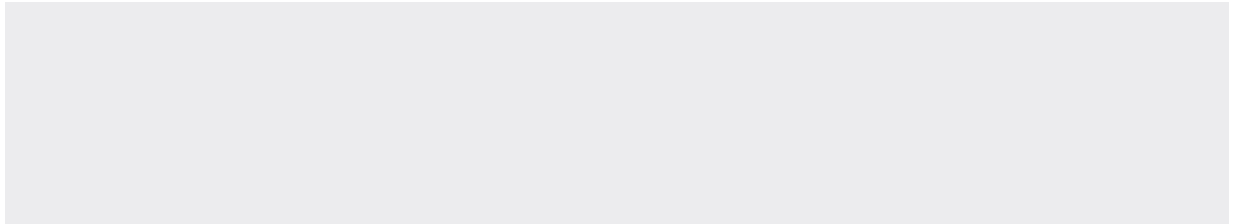


What am I committed to in my life right now?

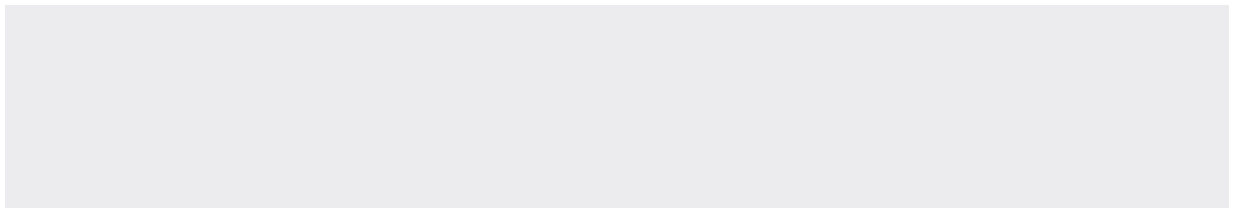


NIGHT-TIME GRATITUDE JOURNAL

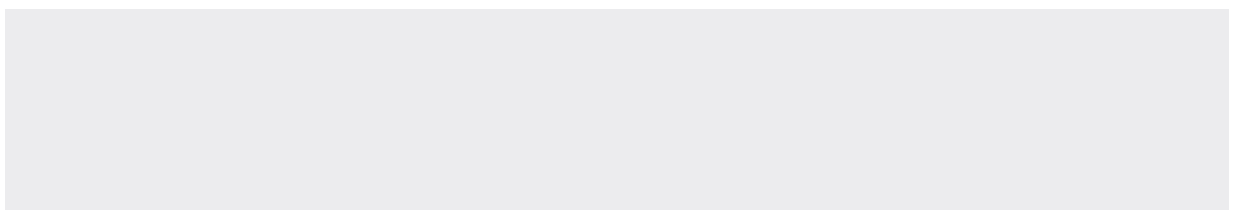
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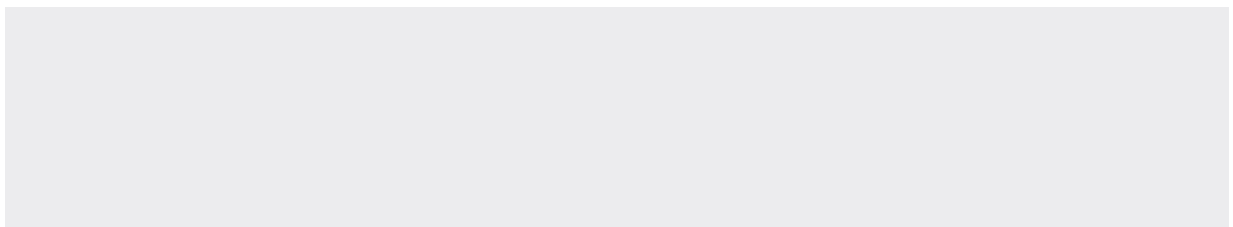
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THE THOUGHT RECORD



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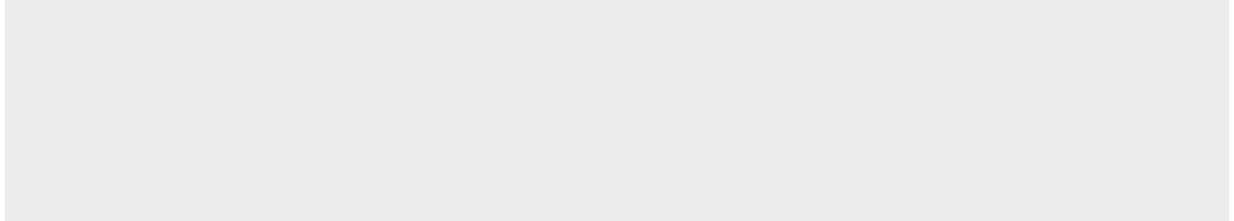
Who, What, When, Where, Why?

STEP 3: THOUGHTS

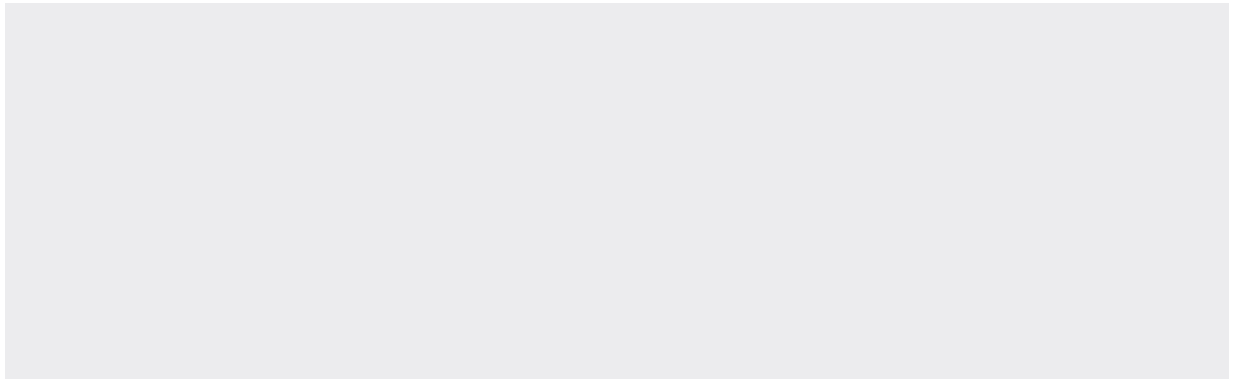
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STEP 4: EMOTIONS

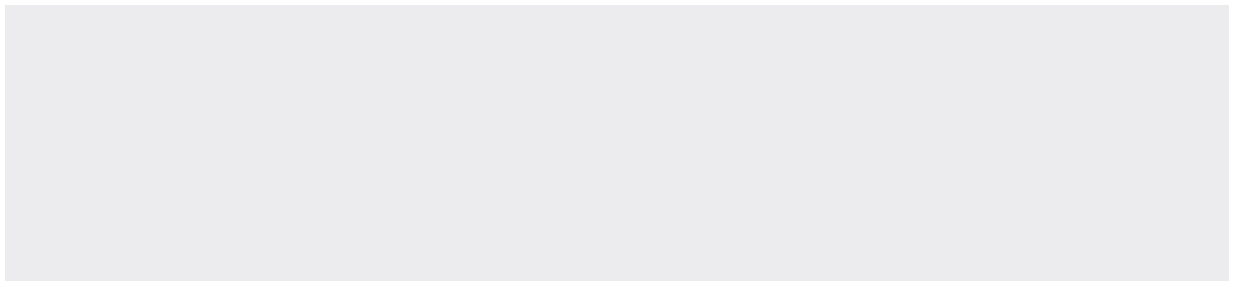
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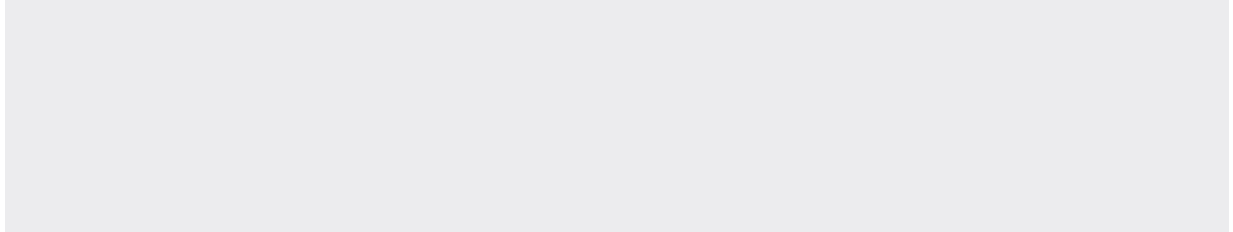


WEEK 5: DAY 7

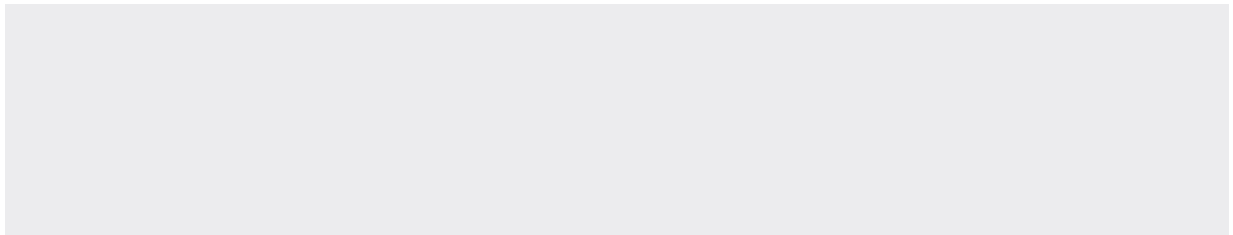
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MORNING GRATITUDE JOURNAL

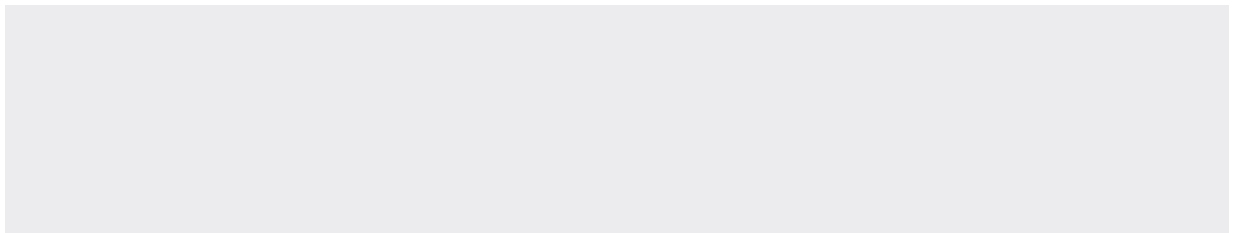
What am I happy about in my life right now?



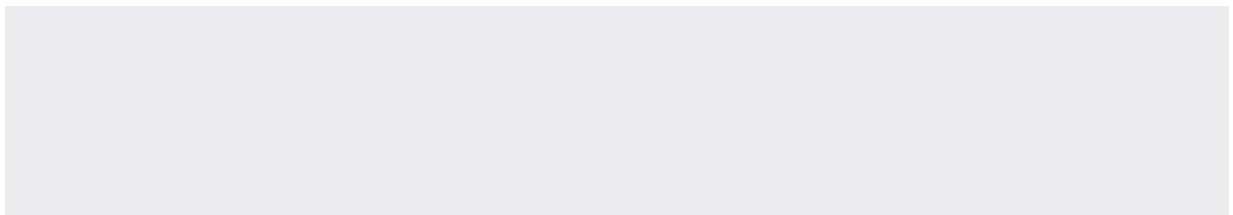
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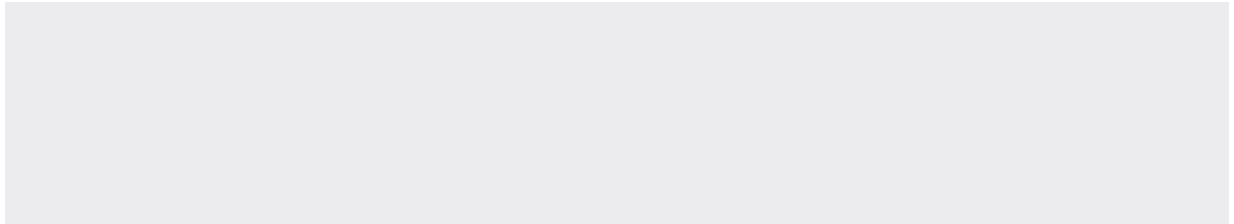


What am I committed to in my life right now?

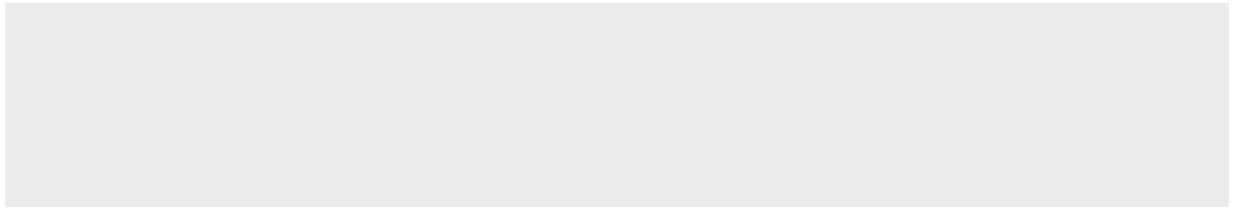


NIGHT-TIME GRATITUDE JOURNAL

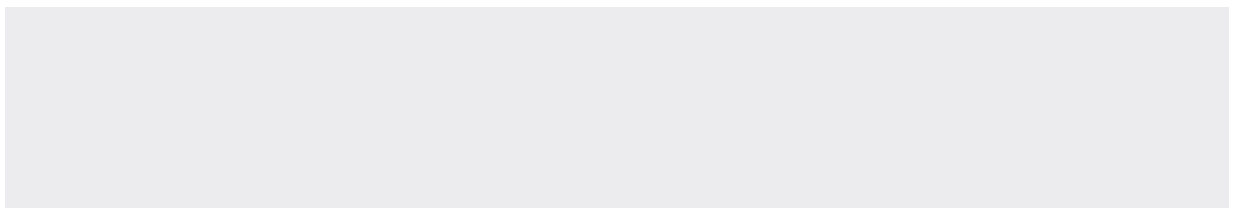
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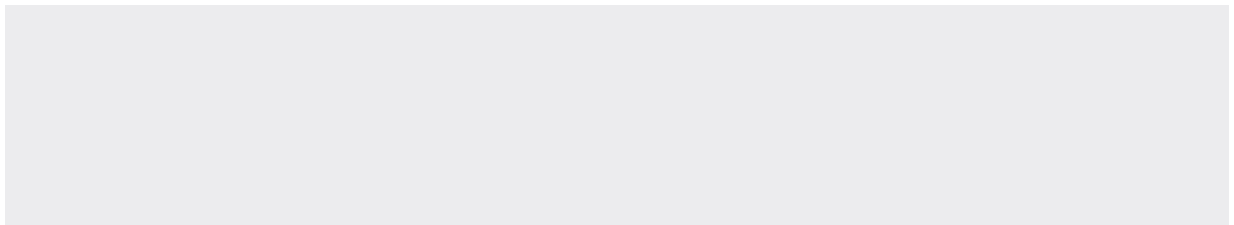
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What small thing did someone do for me today that made my day just a little bit better?



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THE THOUGHT RECORD



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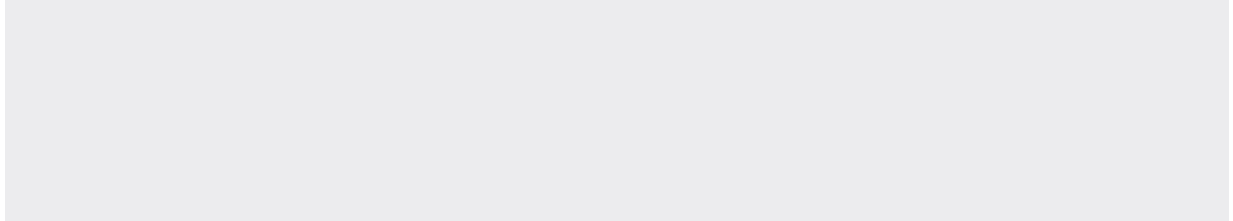
Who, What, When, Where, Why?

STEP 3: THOUGHTS

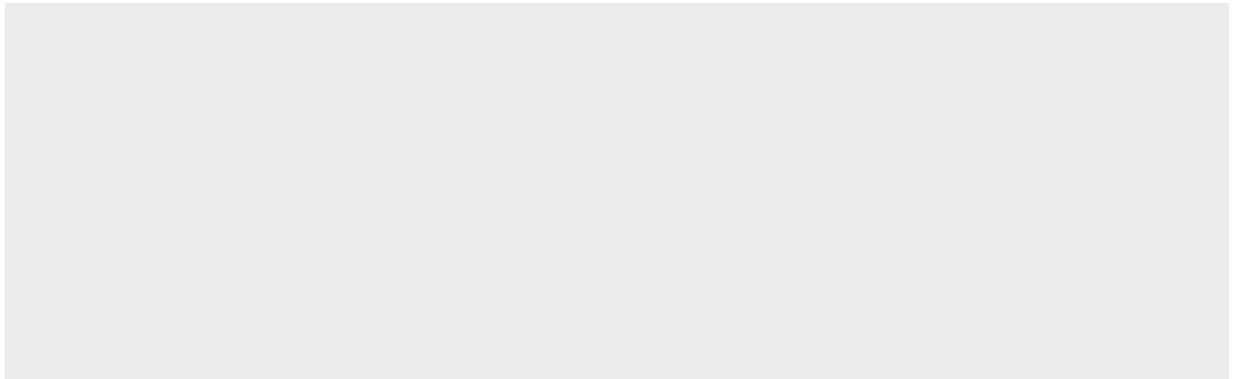
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STEP 4: EMOTIONS

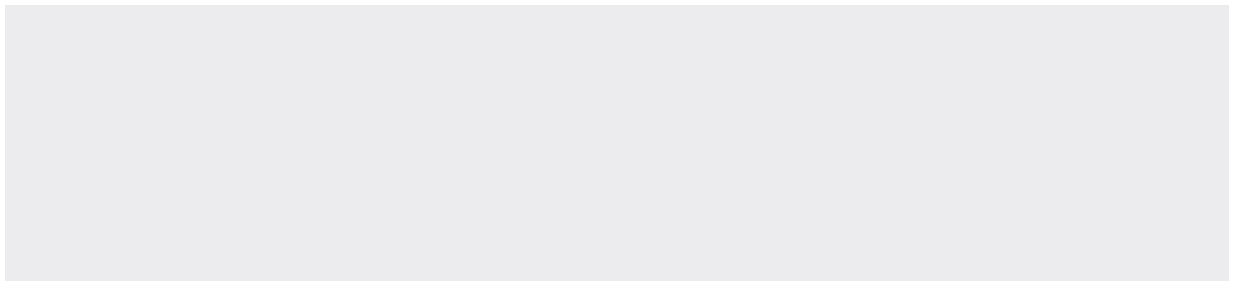
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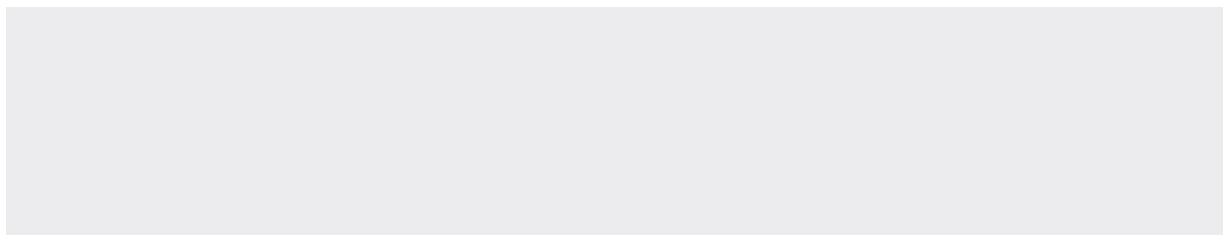


WEEK 6: DAY 1

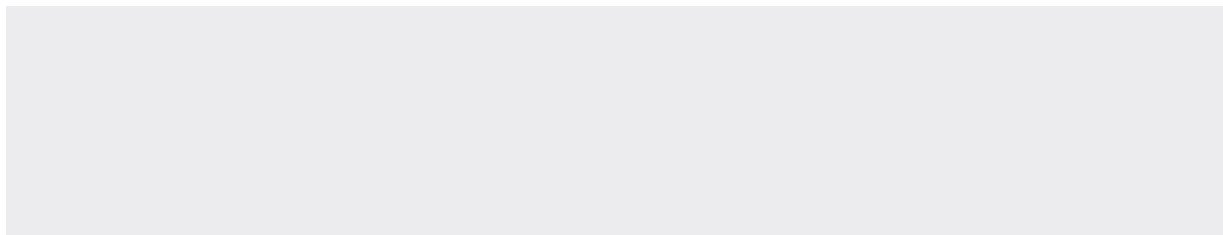
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MORNING GRATITUDE JOURNAL

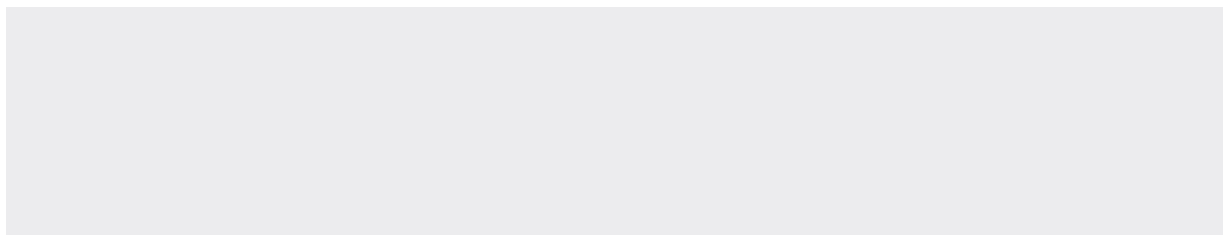
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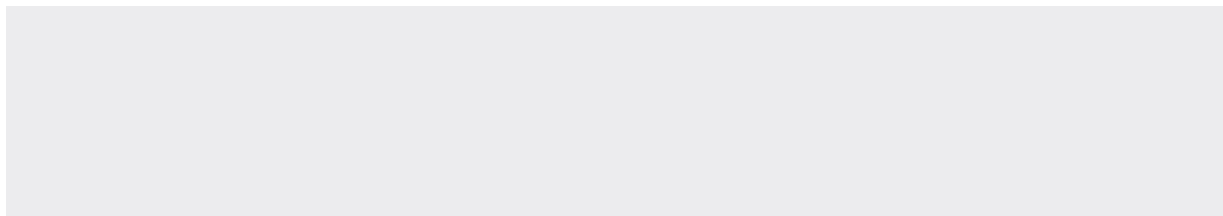
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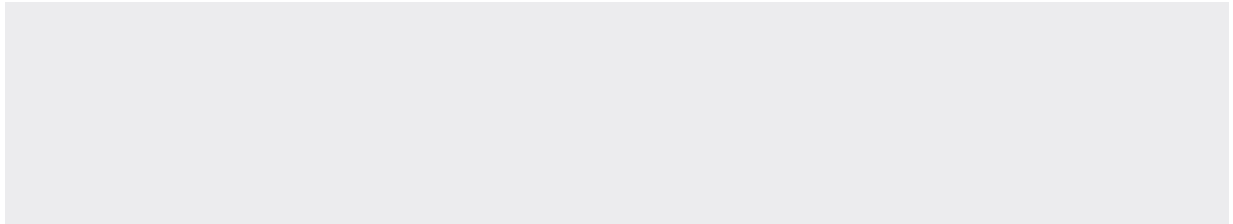


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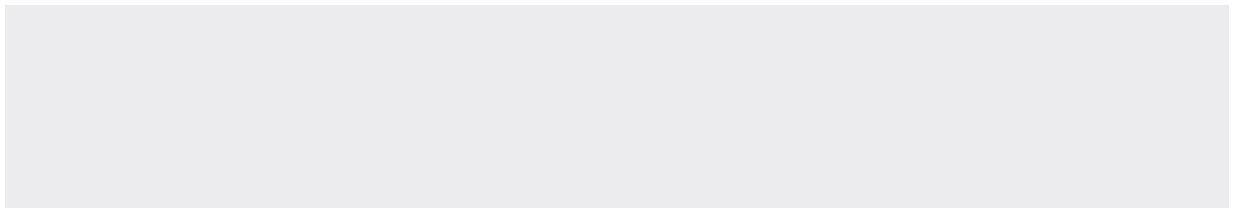


NIGHT-TIME GRATITUDE JOURNAL

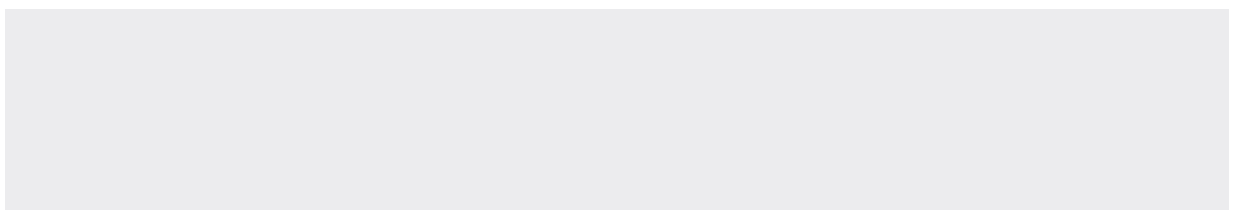
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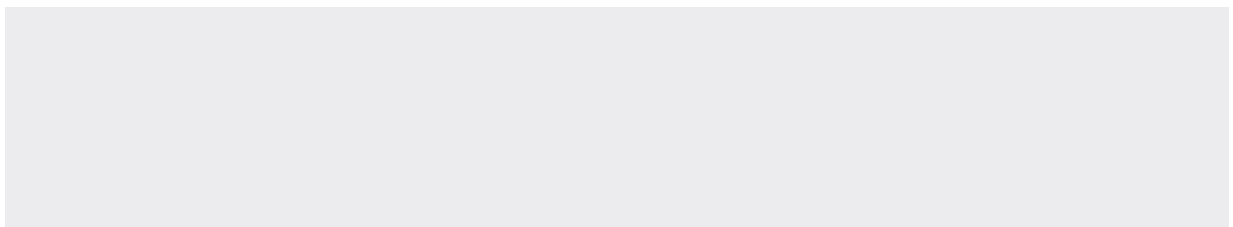
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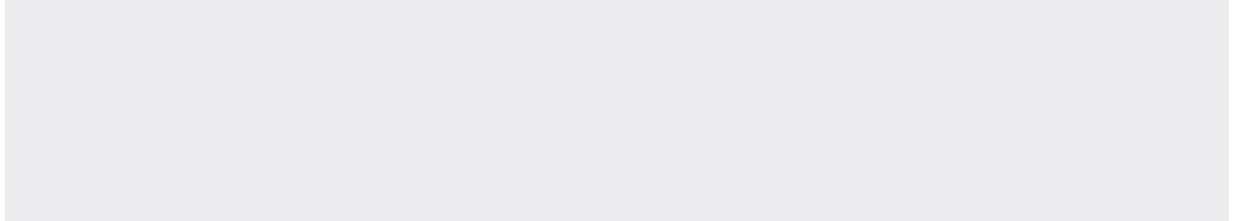
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STEP 3: THOUGHTS

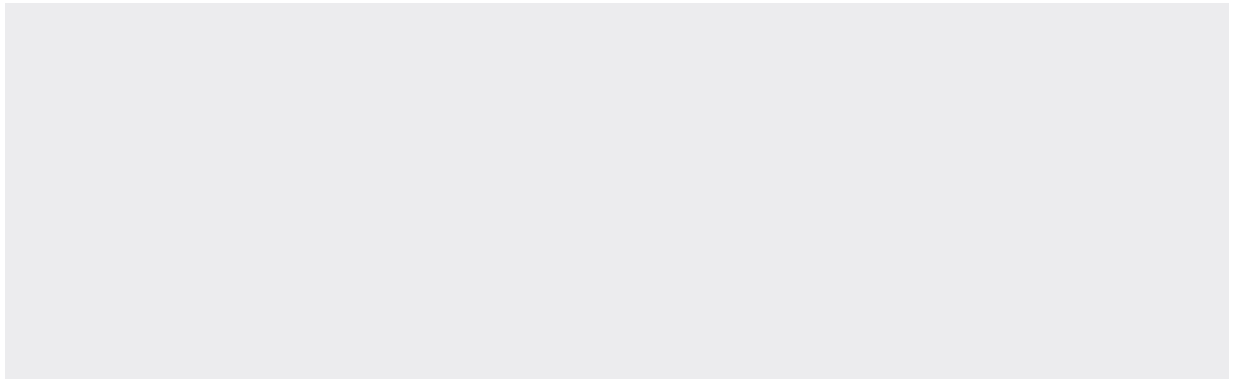
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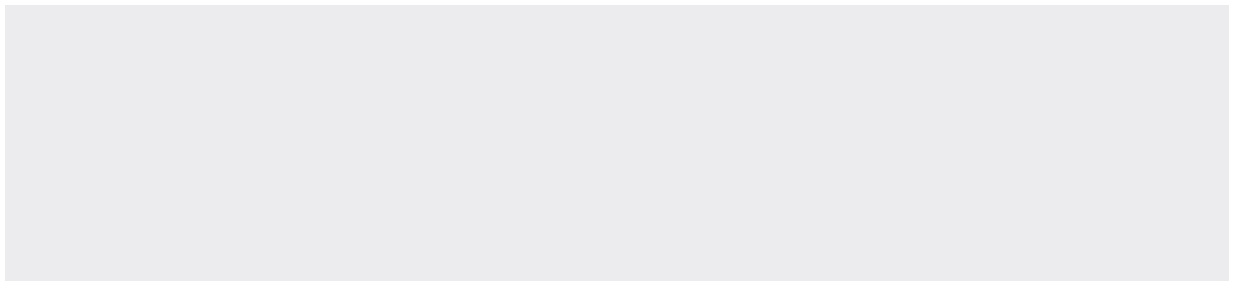
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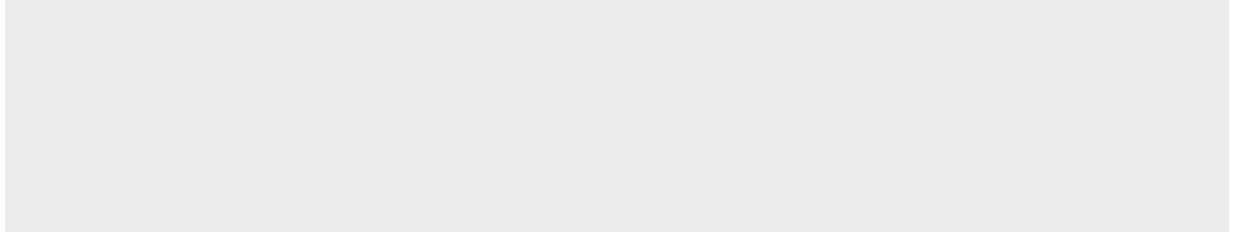


WEEK 6: DAY 2

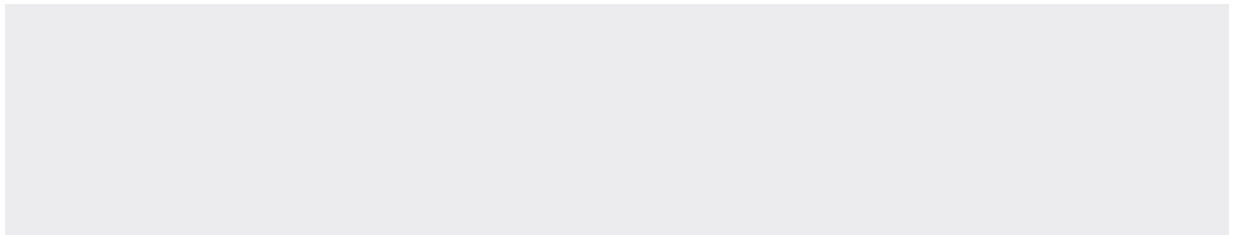
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MORNING GRATITUDE JOURNAL

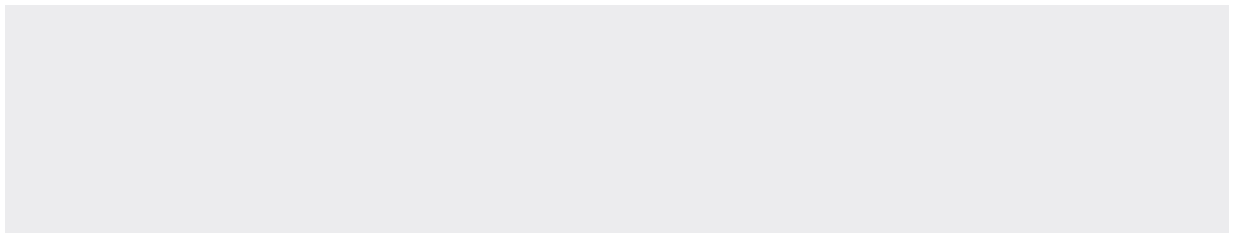
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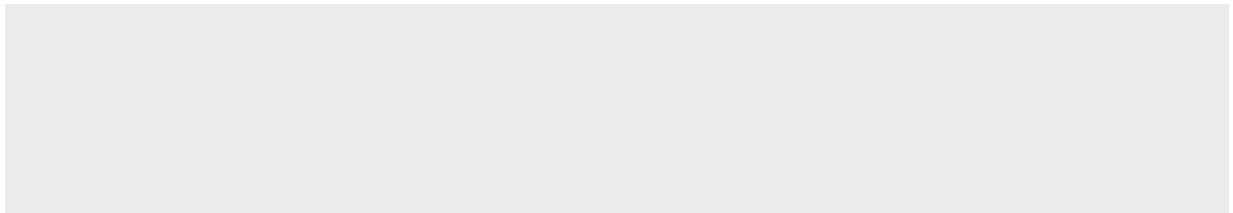
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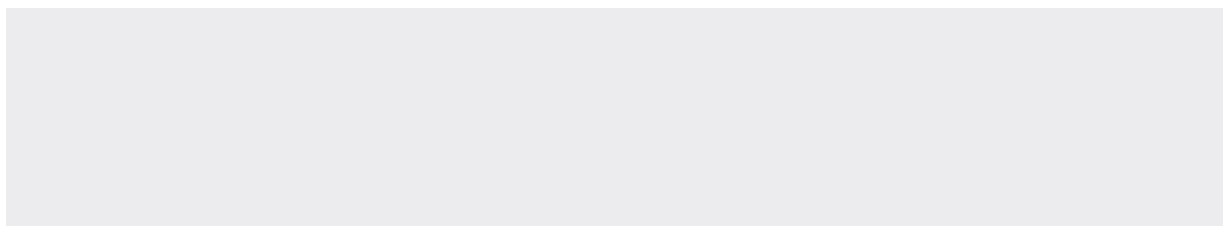


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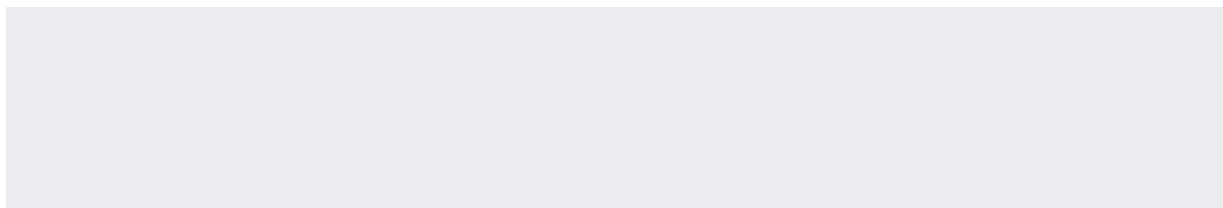


NIGHT-TIME GRATITUDE JOURNAL

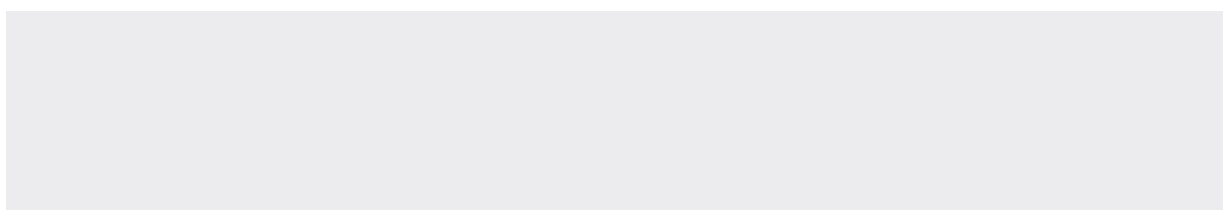
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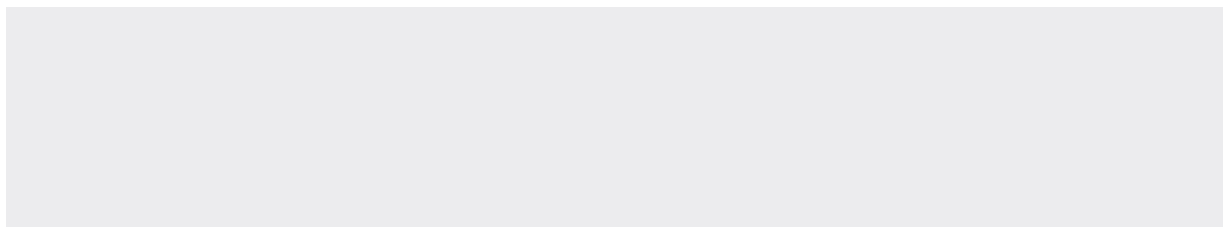
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THE THOUGHT RECORD



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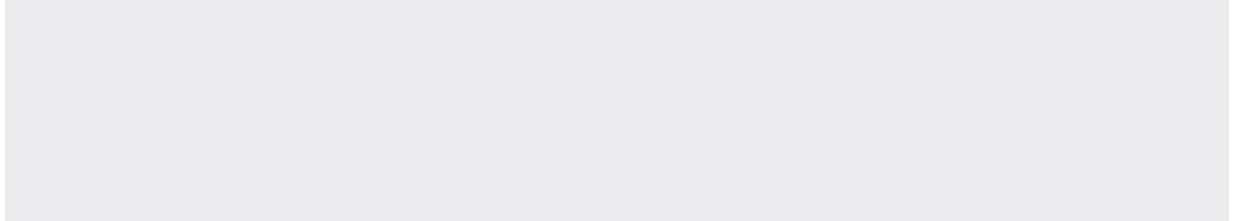
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STEP 3: THOUGHTS

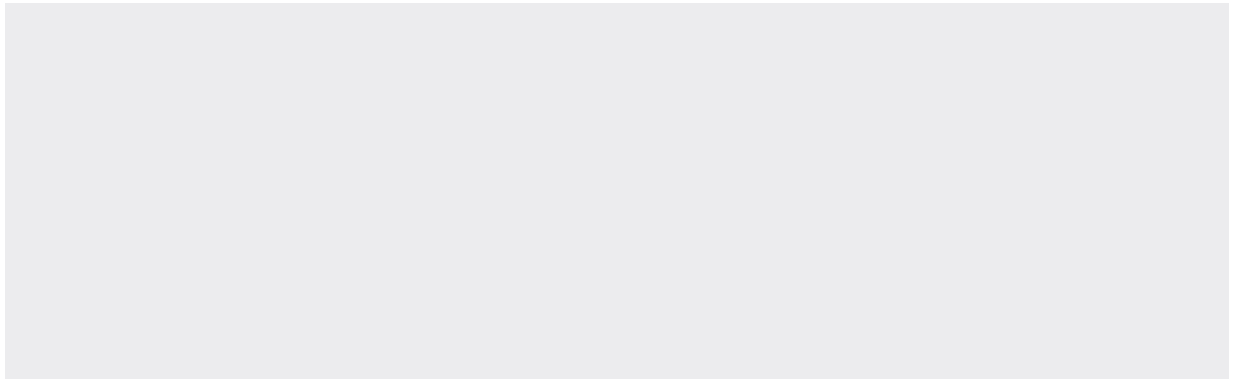
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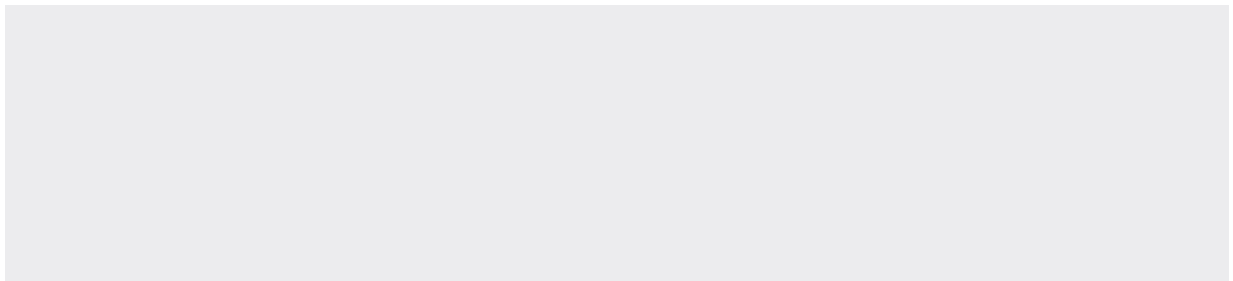
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**STEP 6: RE-RATE EMOTIONS**

How intense are my emotions now?



WEEK 6: DAY 3

DATE:

MORNING GRATITUDE JOURNAL

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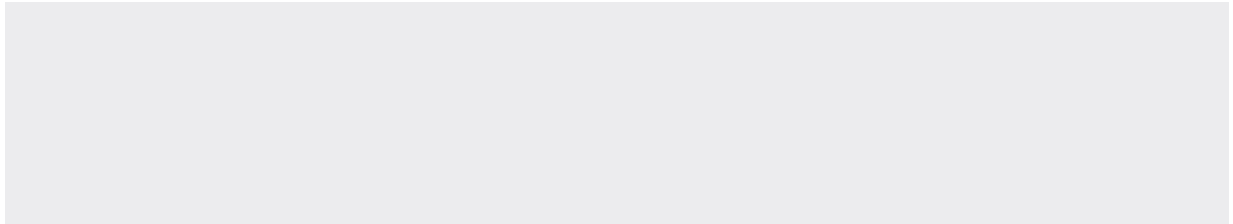
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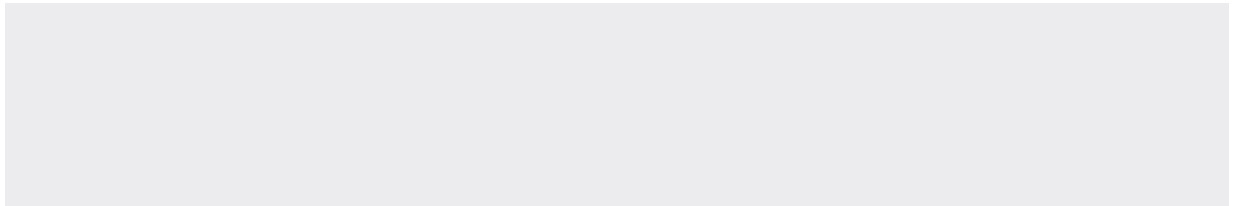
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NIGHT-TIME GRATITUDE JOURNAL

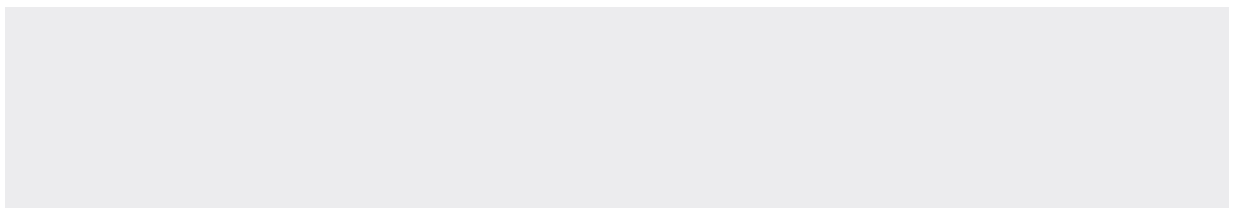
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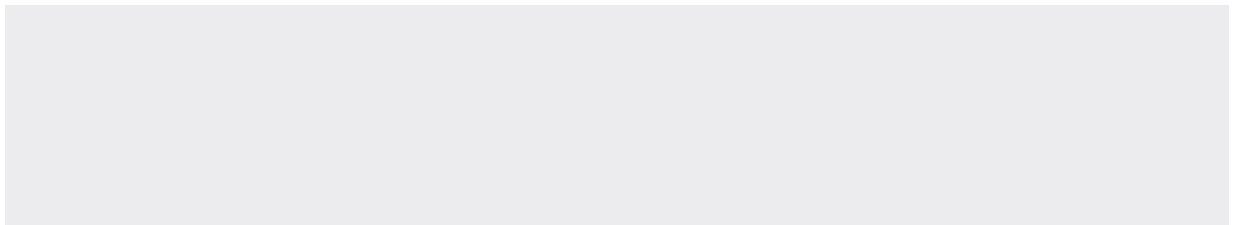
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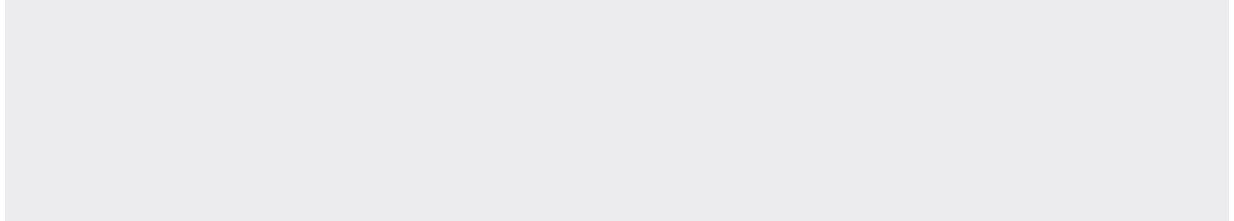
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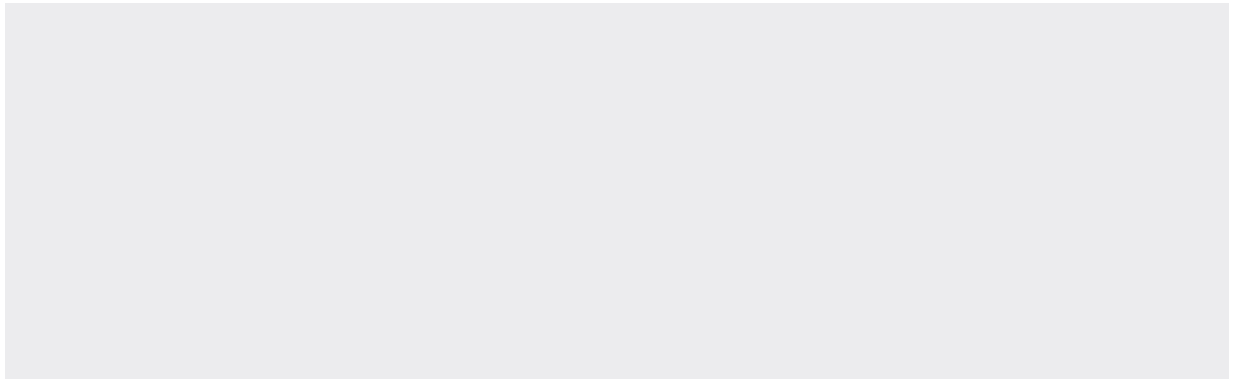
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STEP 4: EMOTIONS

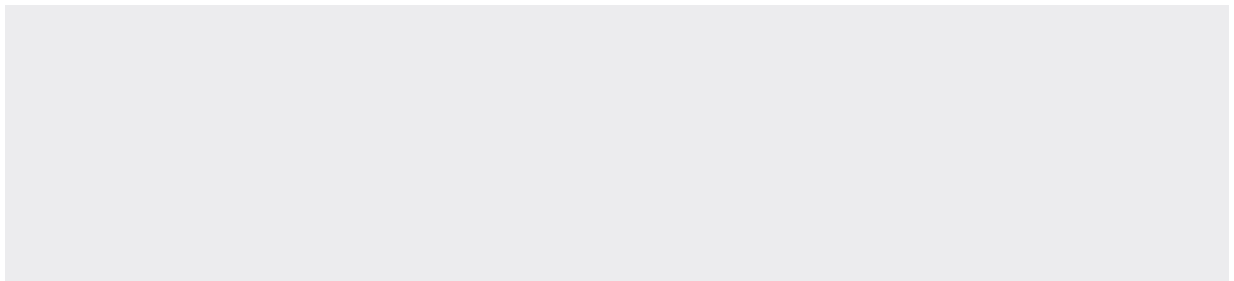
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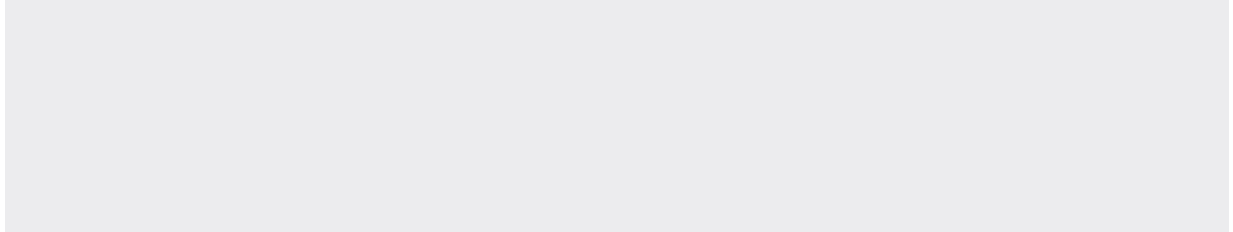


WEEK 6: DAY 4

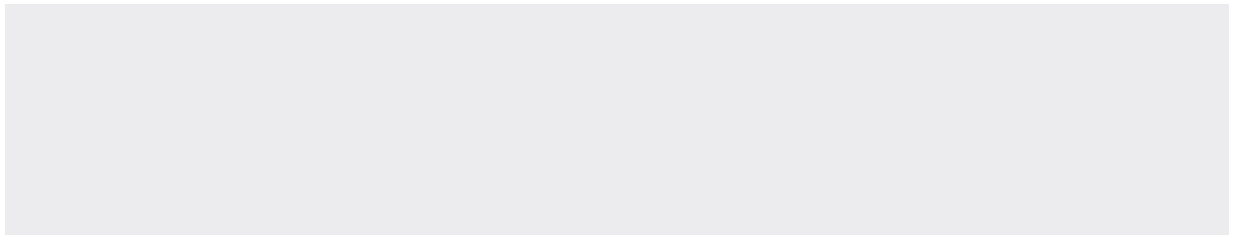
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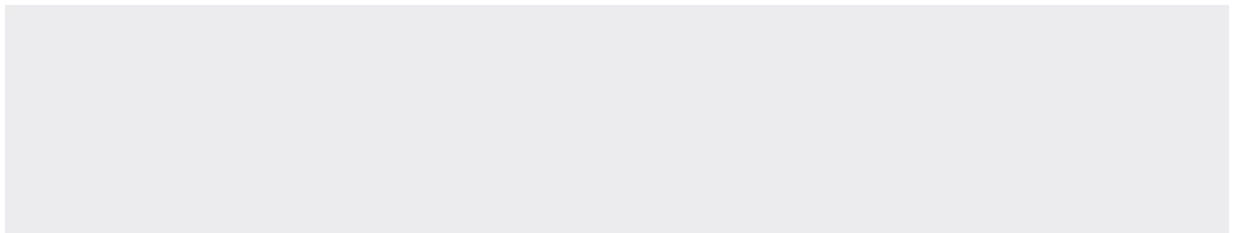
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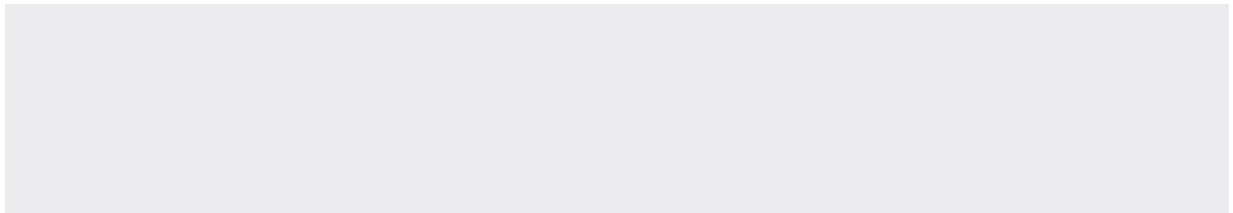
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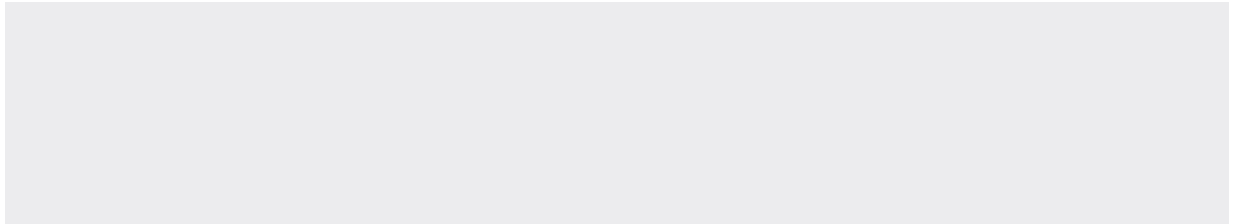


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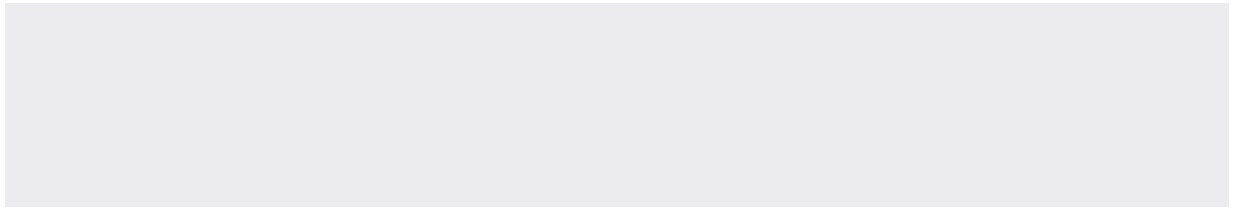


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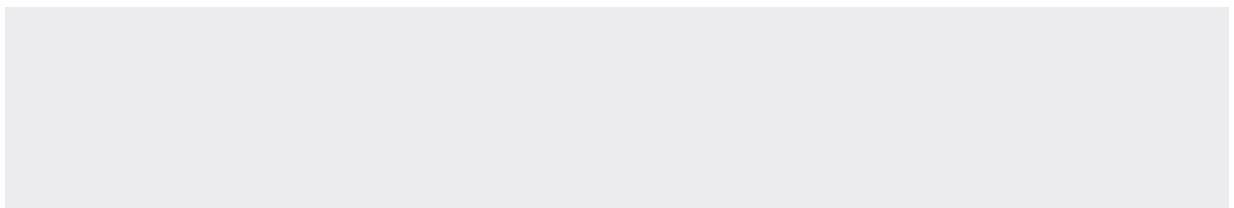
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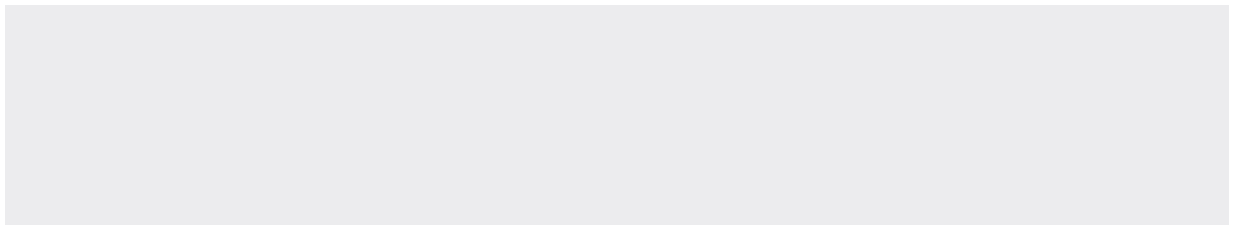
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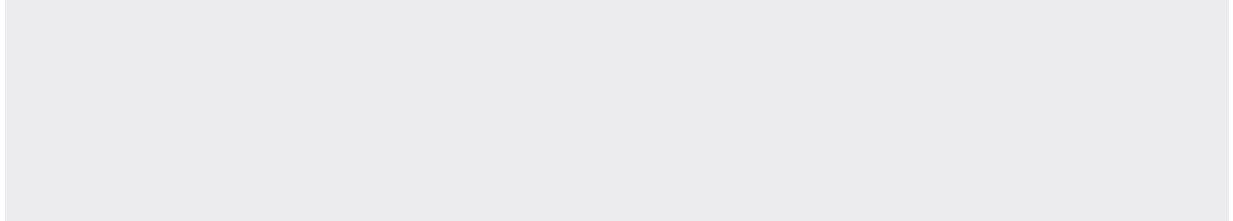
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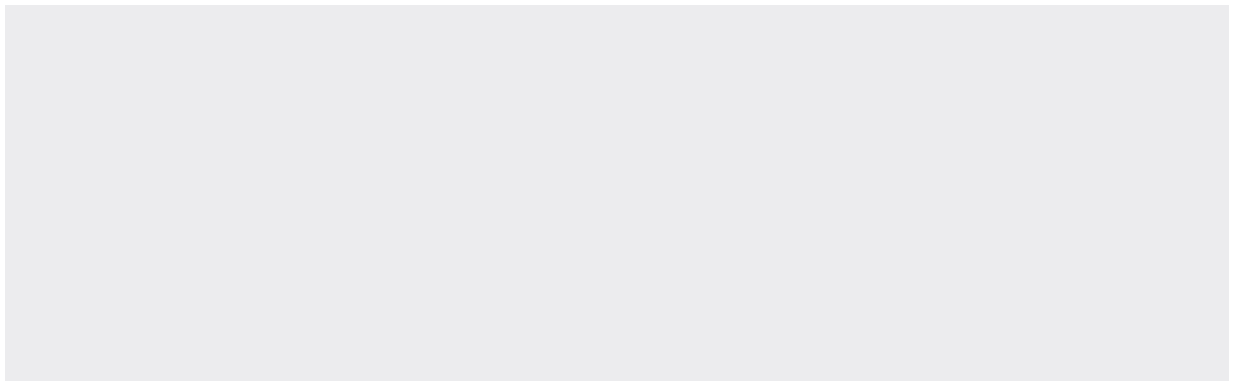
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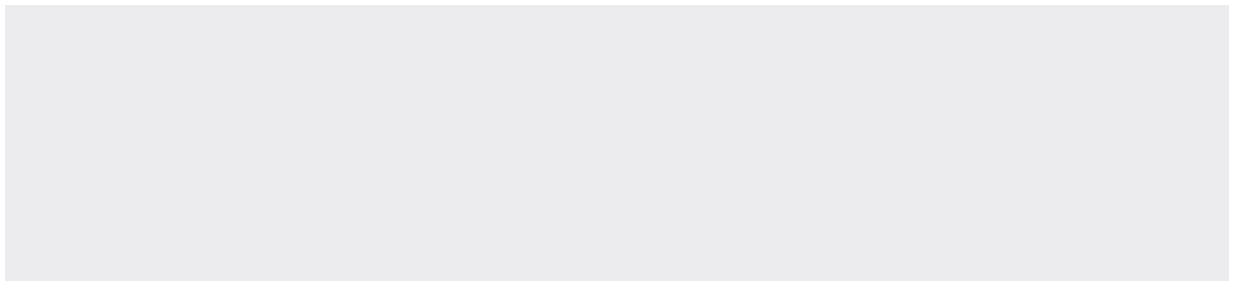
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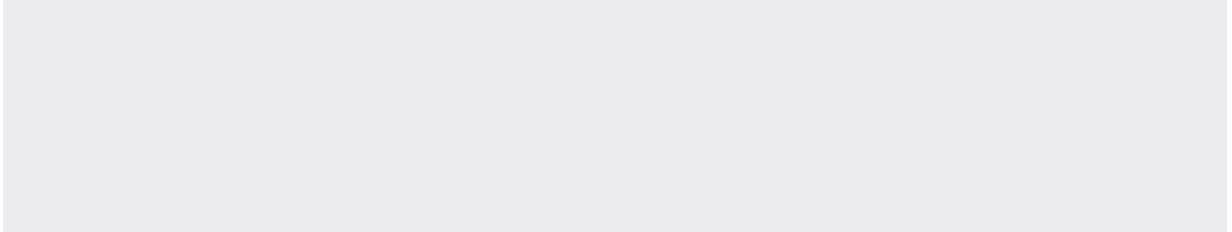


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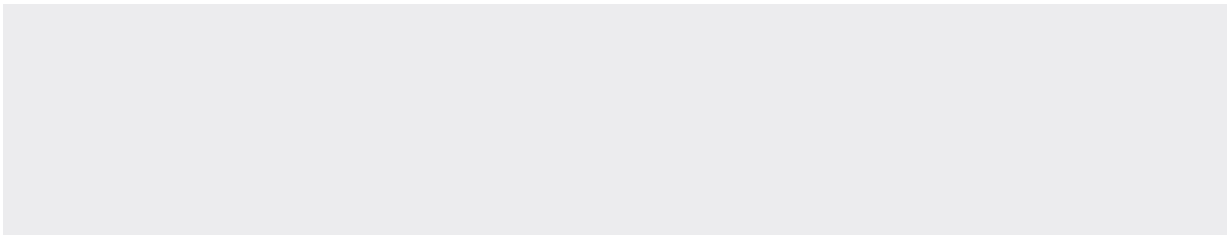
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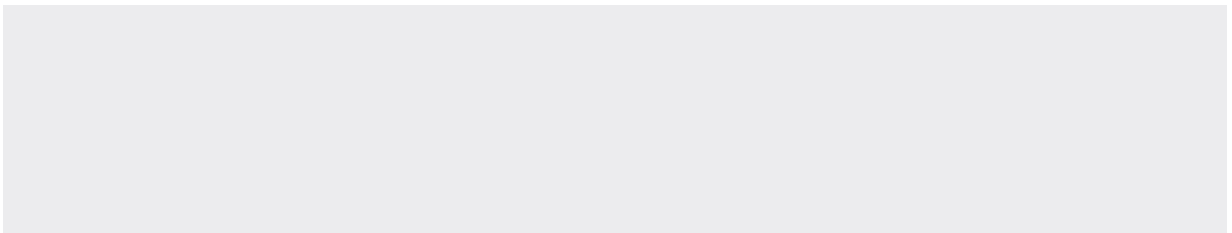
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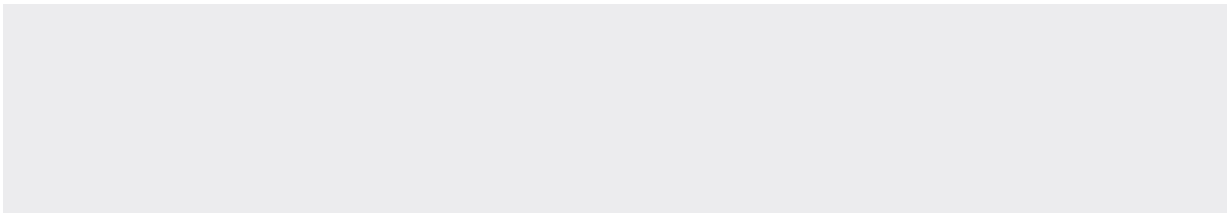
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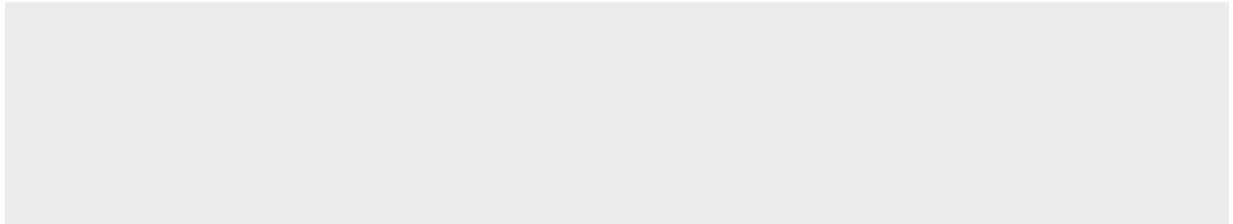


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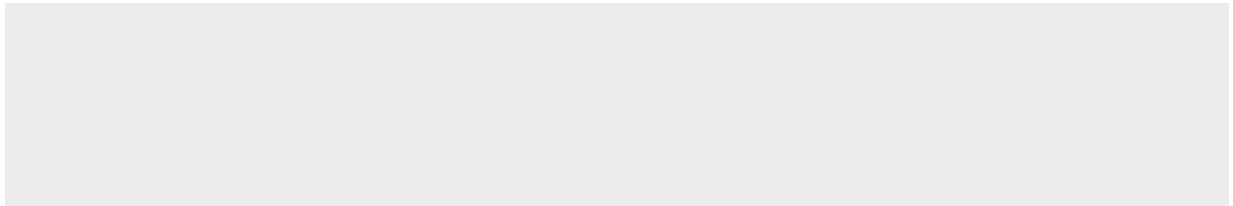


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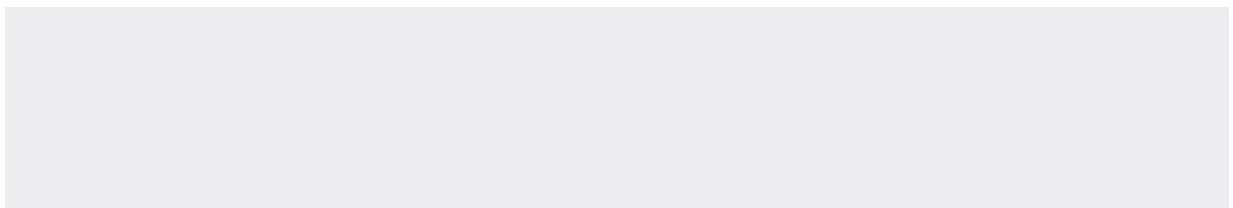
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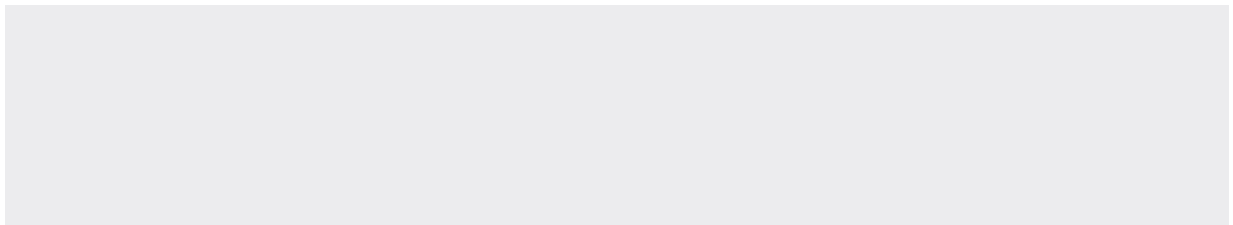
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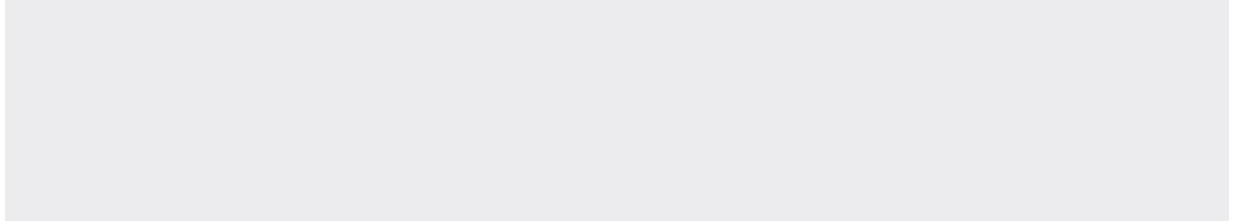
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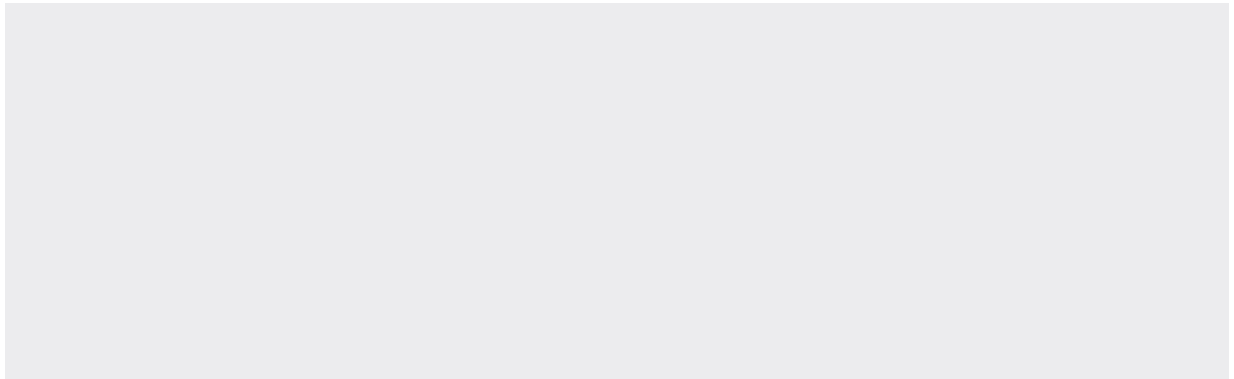
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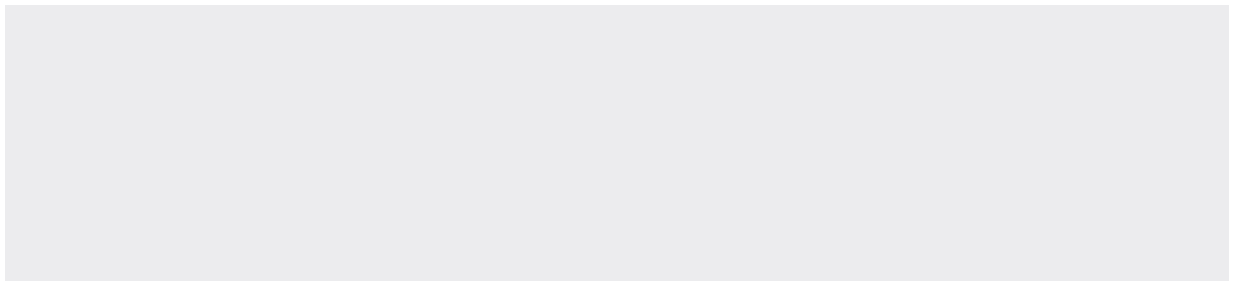
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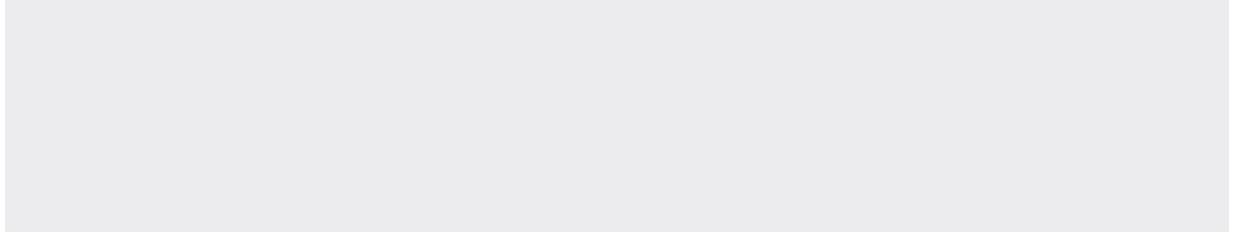


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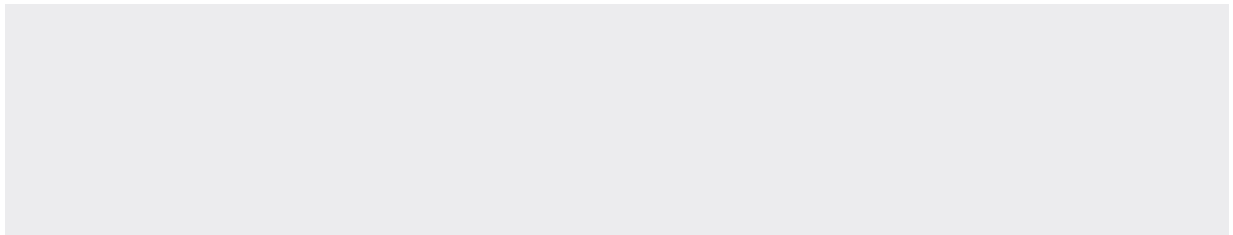
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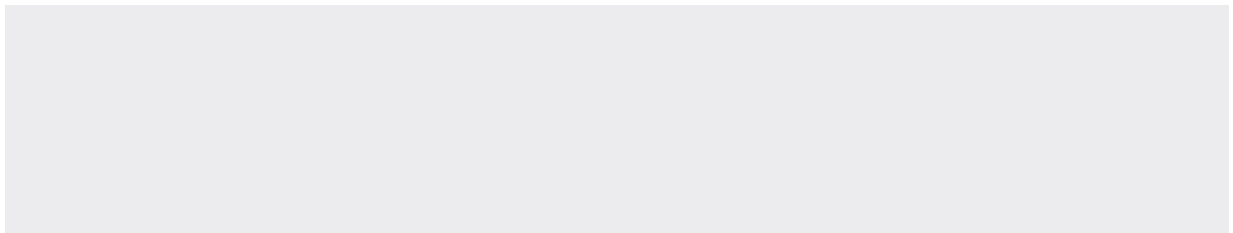
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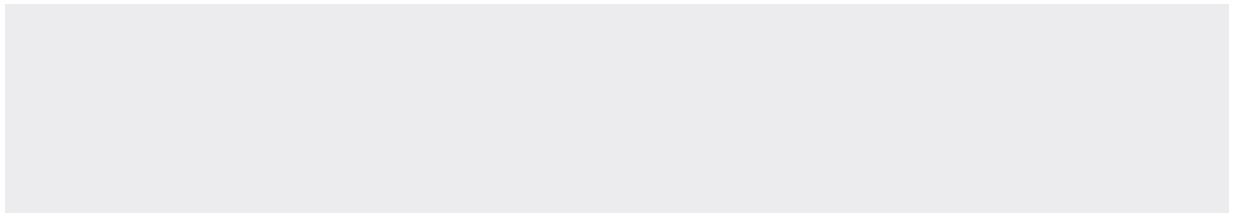
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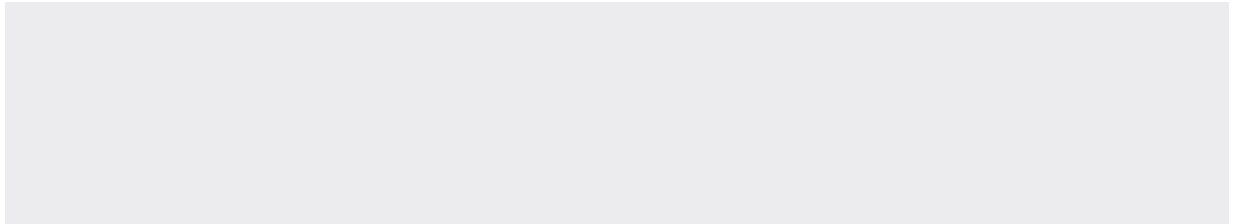


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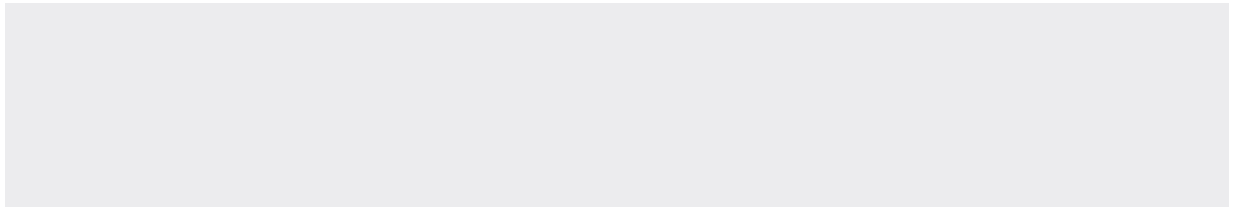


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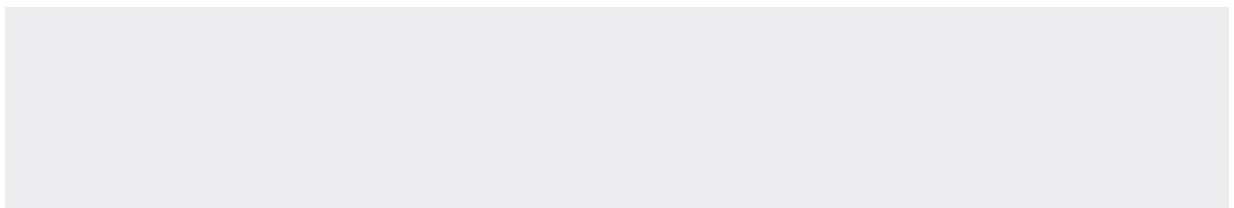
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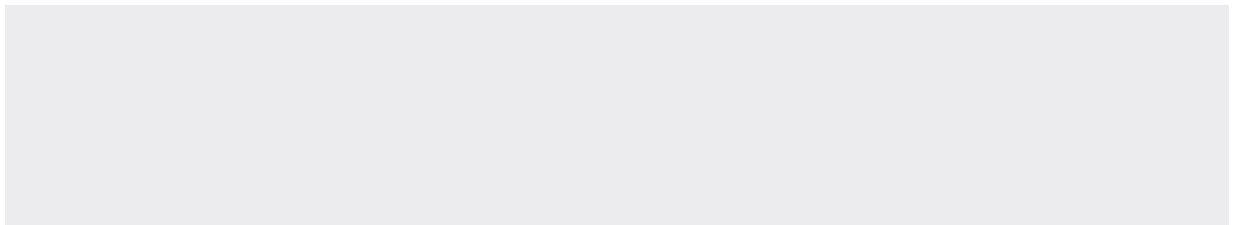
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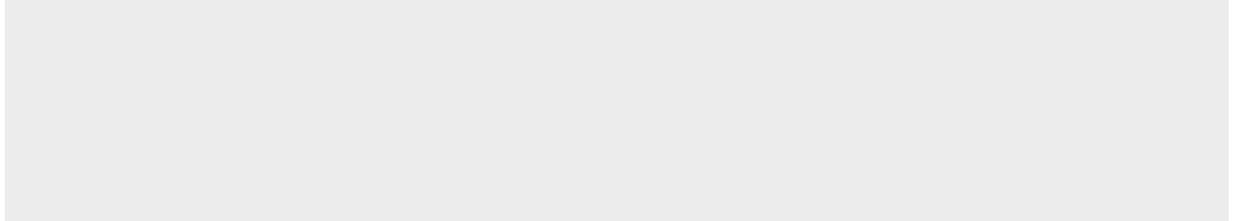
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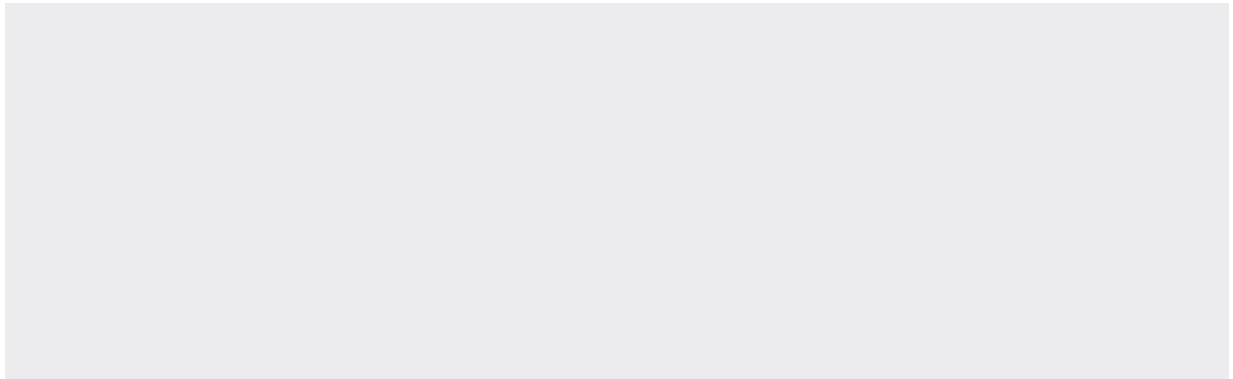
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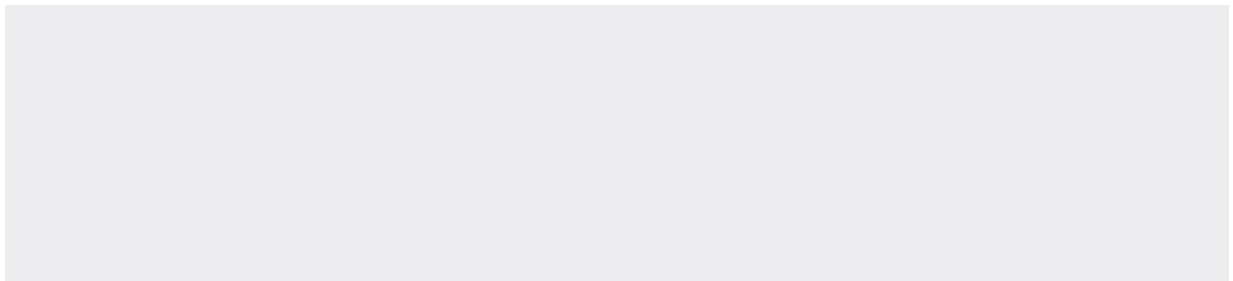
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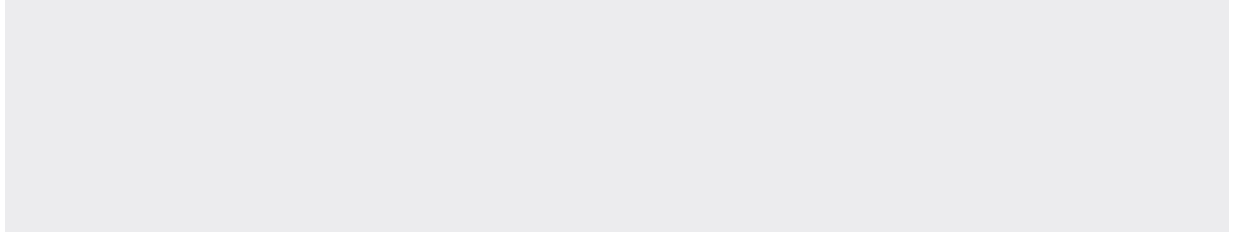


WEEK 6: DAY 7

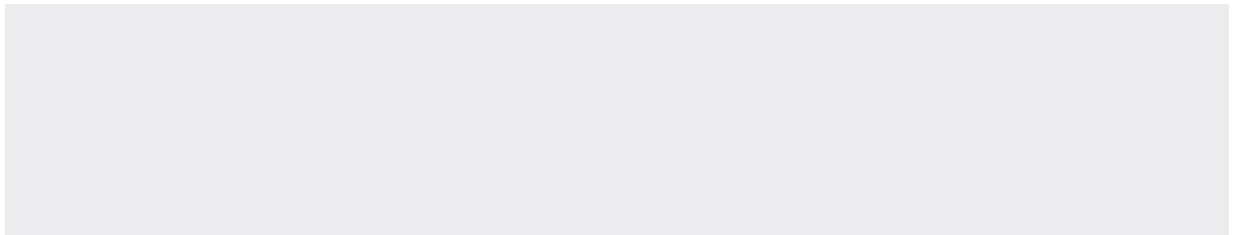
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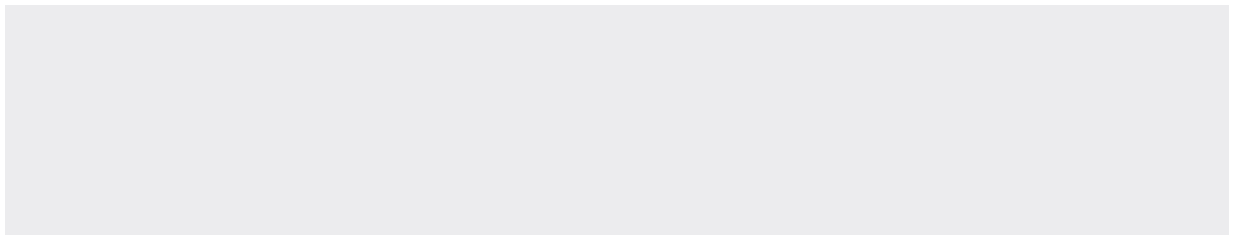
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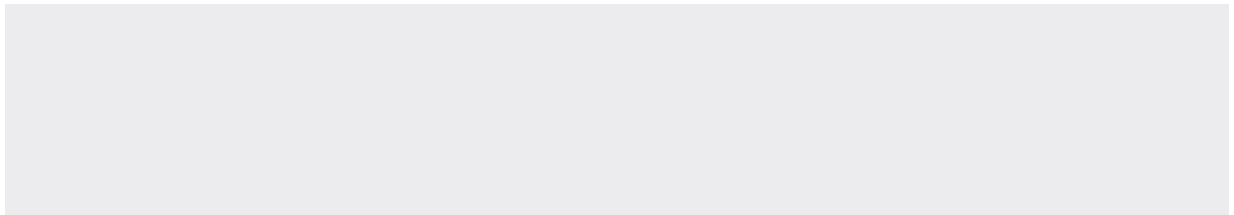
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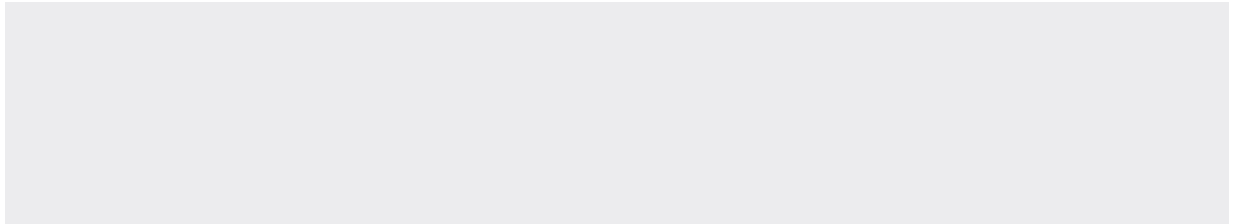


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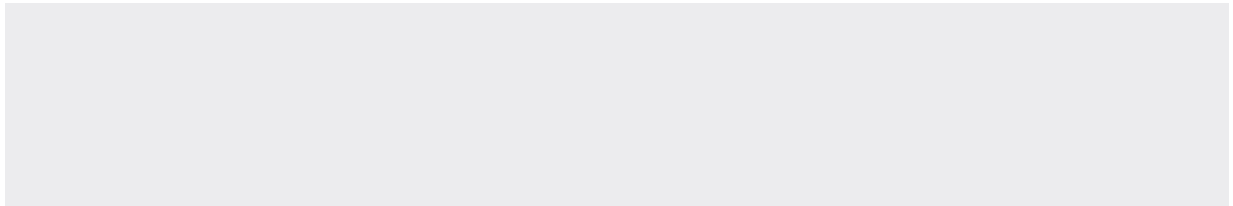


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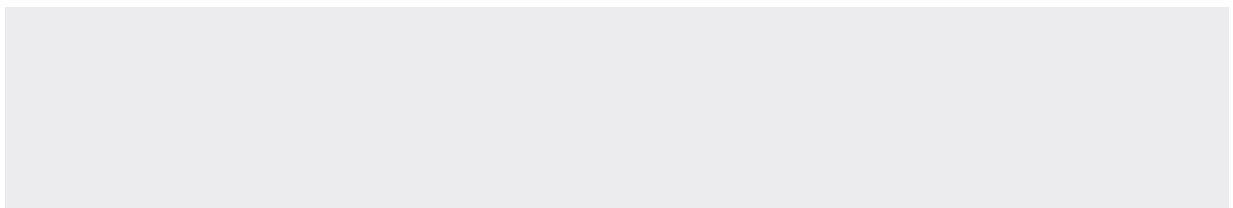
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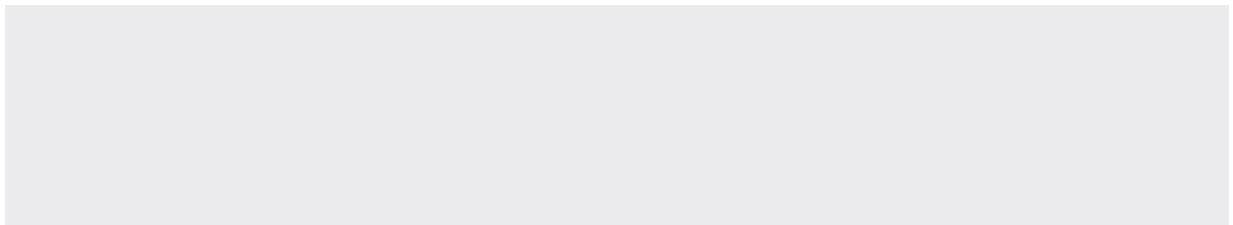
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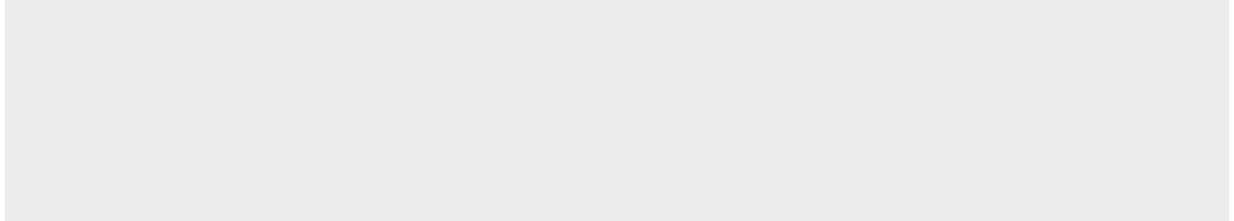
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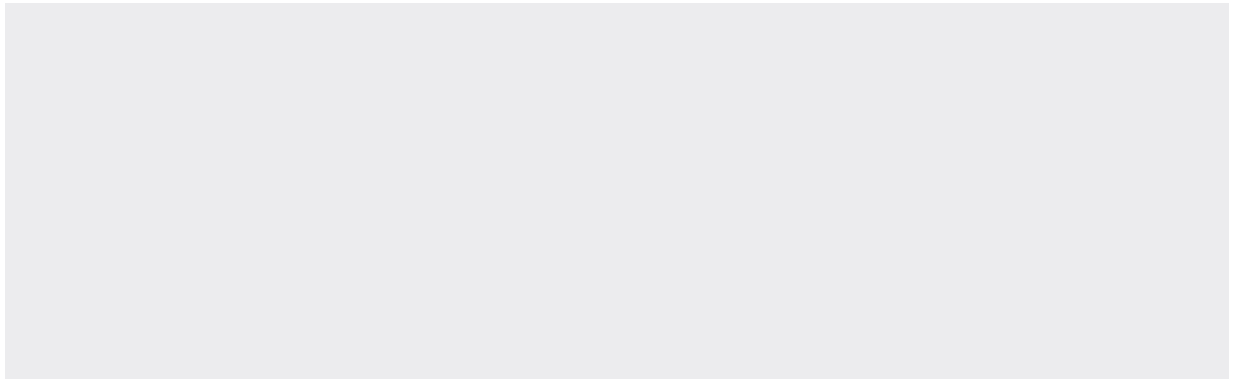
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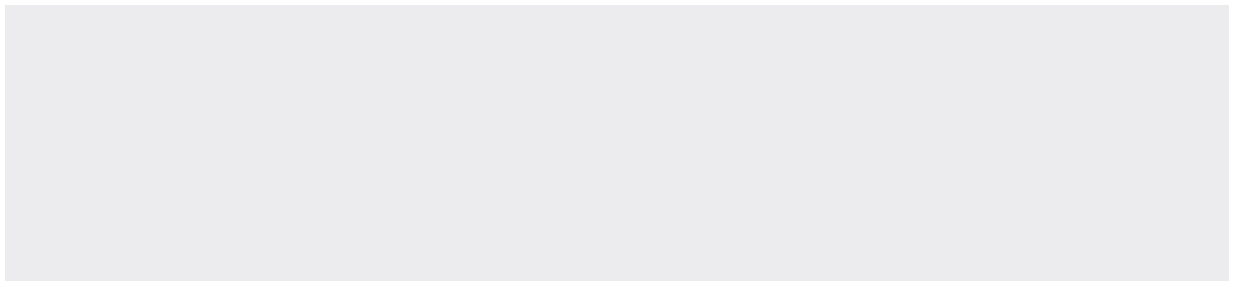
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Stage 4



Week?	Went to bed at?	No. of times stimulus control?	Got out of bed?	Sleep Duration?	Subjective Sleep score (out of 10)
Night 1					
Night 2					
Night 3					
Night 4					
Night 5					
Night 6					
Night 7					
Total sleep duration					

Average sleep duration for the week?

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Average sleep duration for the week?

The Sleep Well Journal

Week number?	Last night I went to bed at:	I got up at?	I was in bed for X minutes	It took me ? minutes to fall asleep	I woke X number of times.	During the night I was awake for X minutes	I estimate that I slept for Y minutes	Comments	Subjective sleep score.
Night 1									
Night 2									
Night 3									
Night 4									
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Night 6									
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Average in minutes			A =				B =		
Average in hours and minutes							C =		

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DETECTIVE WORK 1



Amazing days I have had after a poor night of sleep?

A large, empty rectangular area with a light gray background, intended for writing responses to the question above.

Terrible days I have had after a good night of sleep?

A large, empty rectangular area with a light gray background, intended for writing responses to the question above.

THE UNTANGLING WAY



How have I become entangled?	What action do I need to take to face my fear head on and address this?	Place a tick in the box every time this action has been completed (until you feel it has been addressed)

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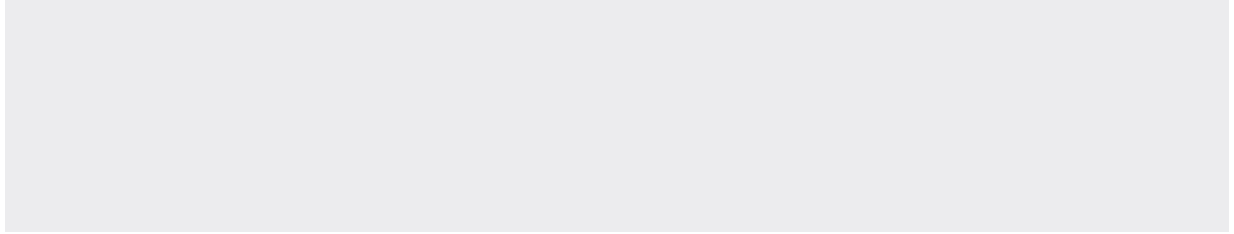
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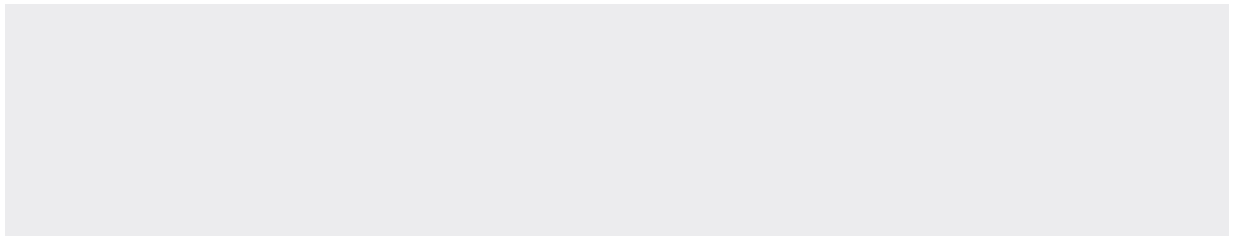
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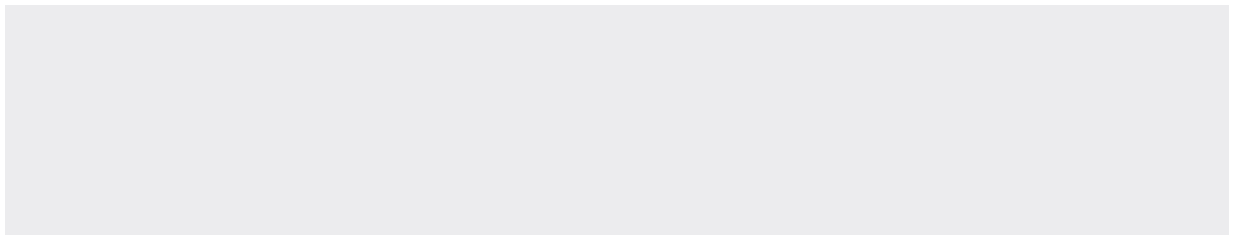
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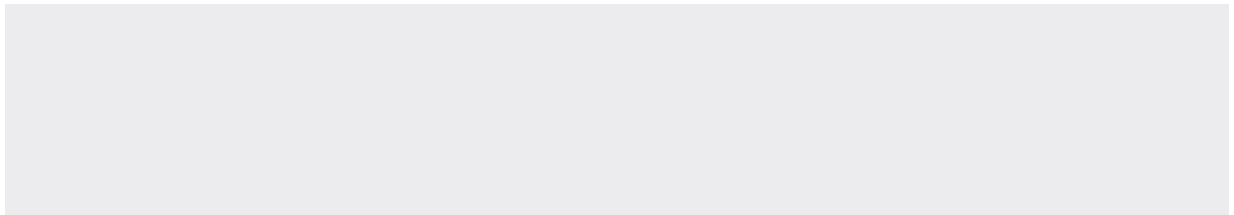
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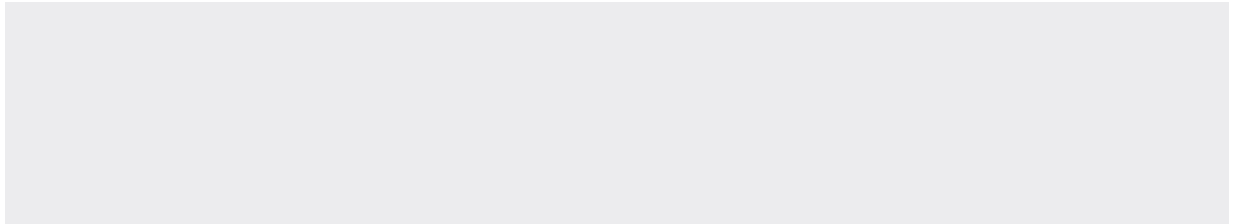


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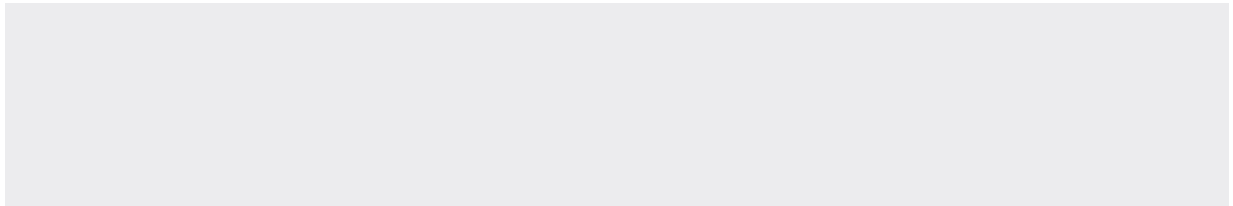


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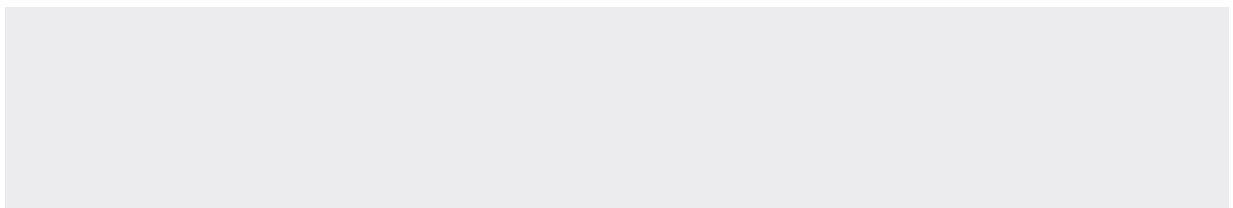
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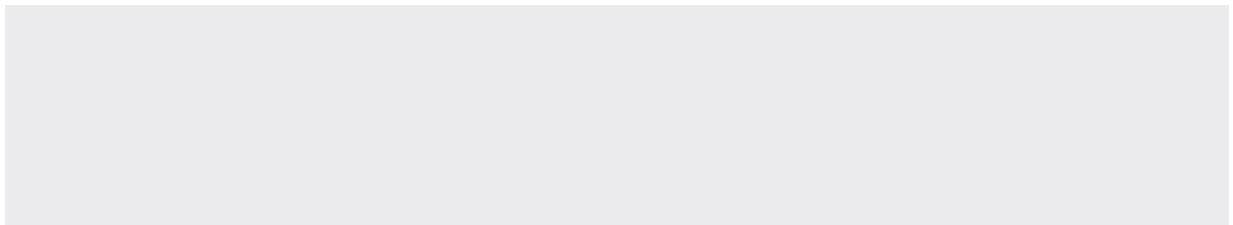
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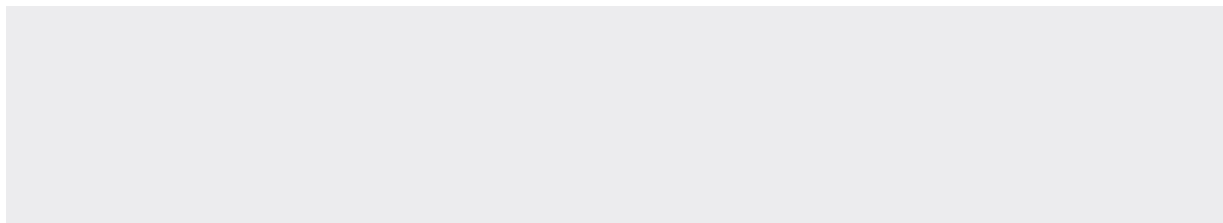
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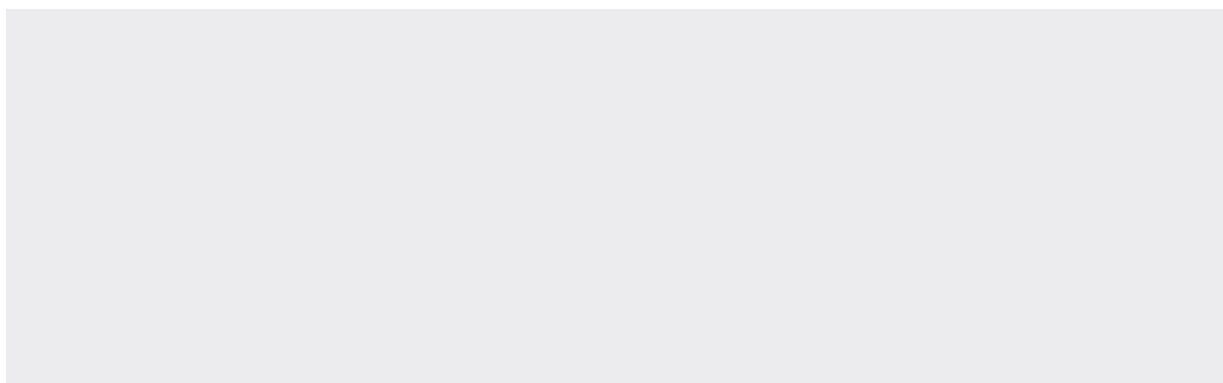
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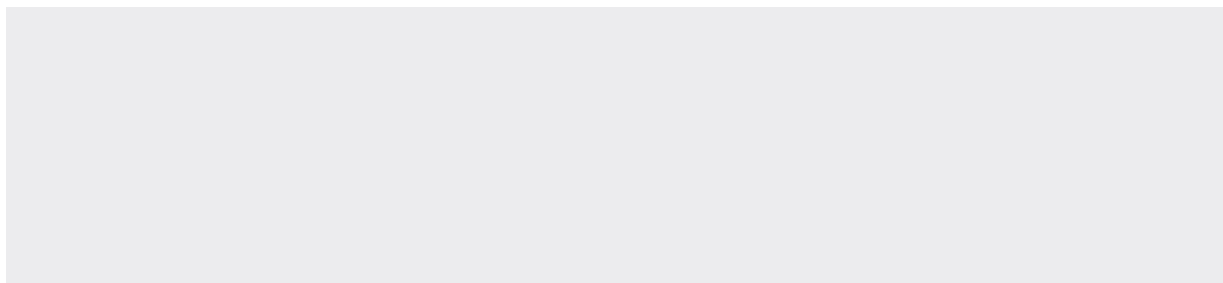
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**STEP 5: ALTERNATIVE THOUGHTS**

What are some alternative—ideally, more realistic—ways of interpreting what happened?

**STEP 6: RE-RATE EMOTIONS**

How intense are my emotions now?

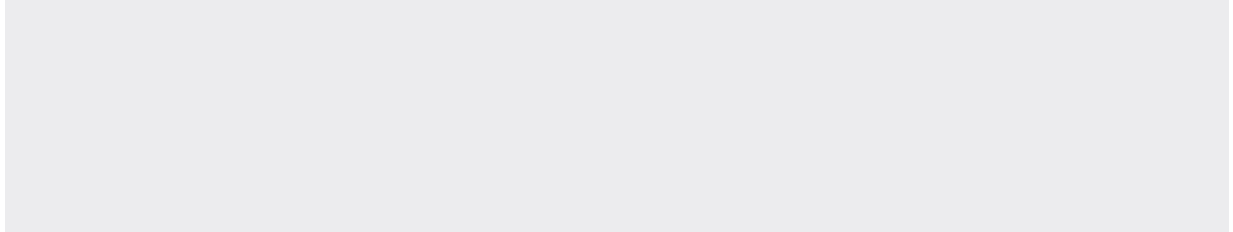


WEEK 7: DAY 2

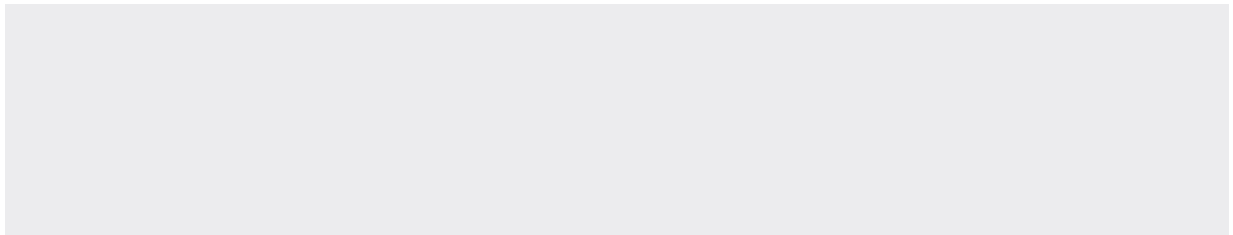
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MORNING GRATITUDE JOURNAL

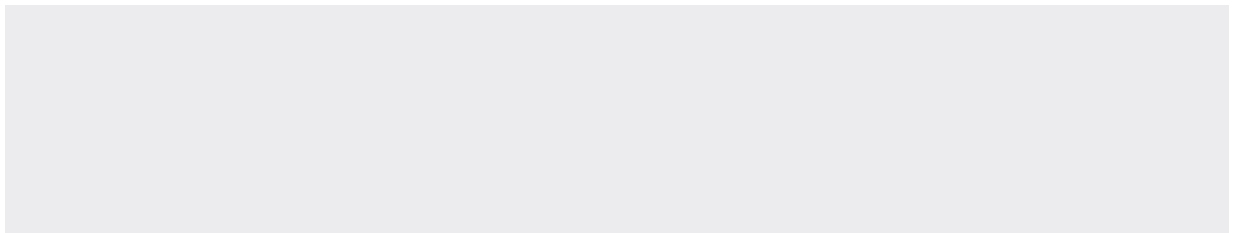
What am I happy about in my life right now?



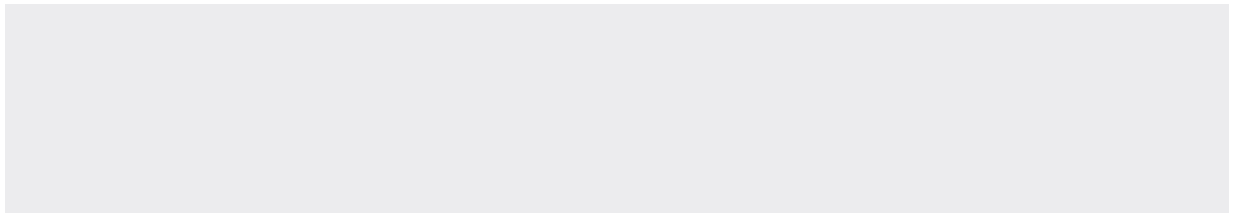
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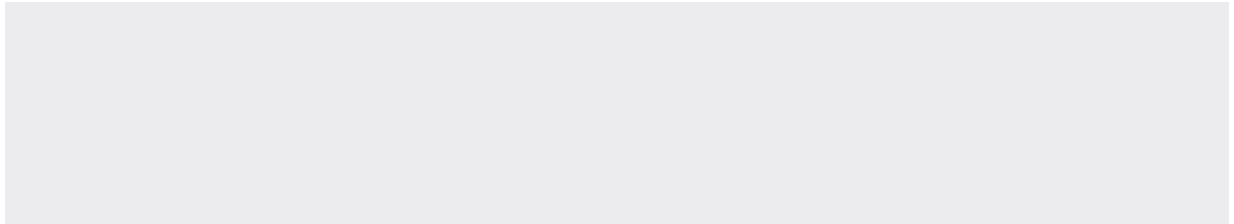


What am I committed to in my life right now?

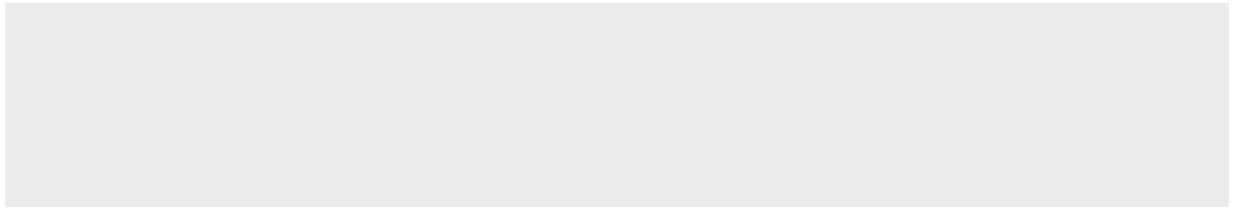


NIGHT-TIME GRATITUDE JOURNAL

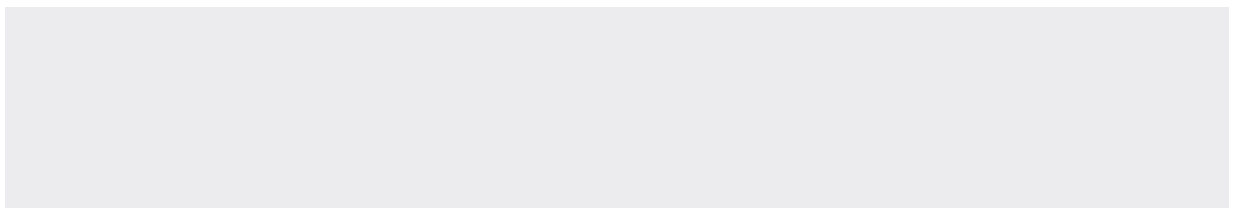
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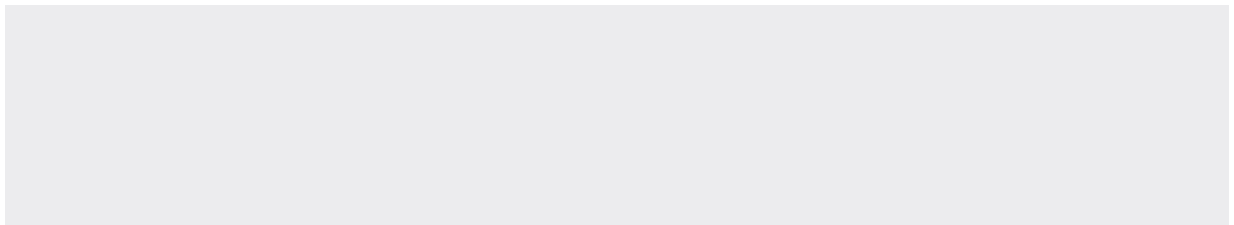
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THE THOUGHT RECORD



STEP1: PAUSE

What happened here?

STEP2: TRIGGER

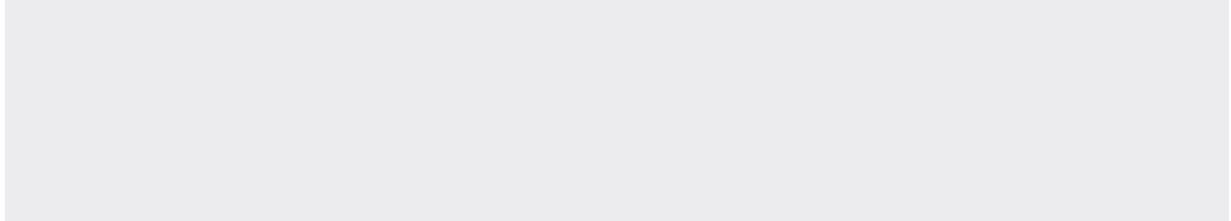
Who, What, When, Where, Why?

STEP 3: THOUGHTS

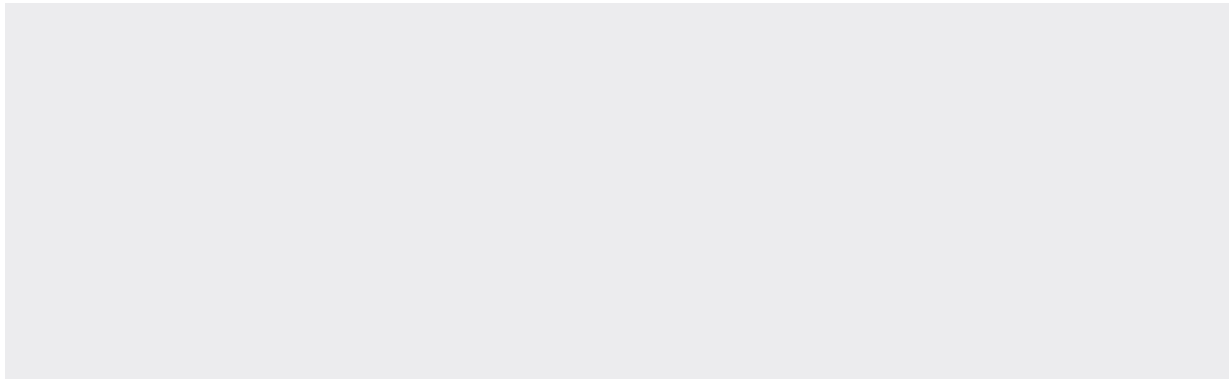
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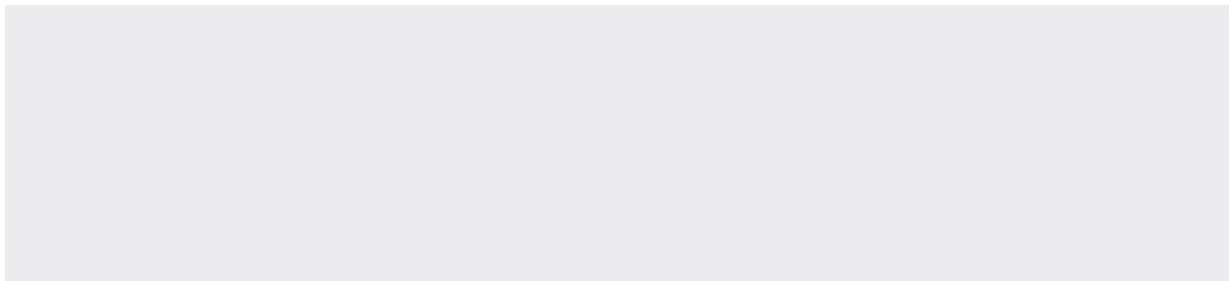
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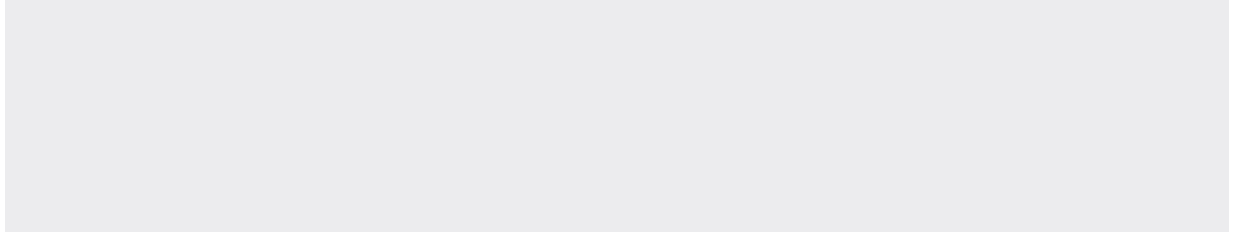


WEEK 7: DAY 3

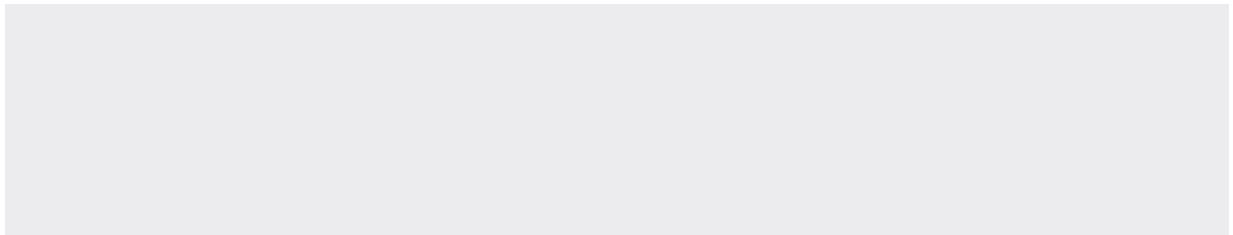
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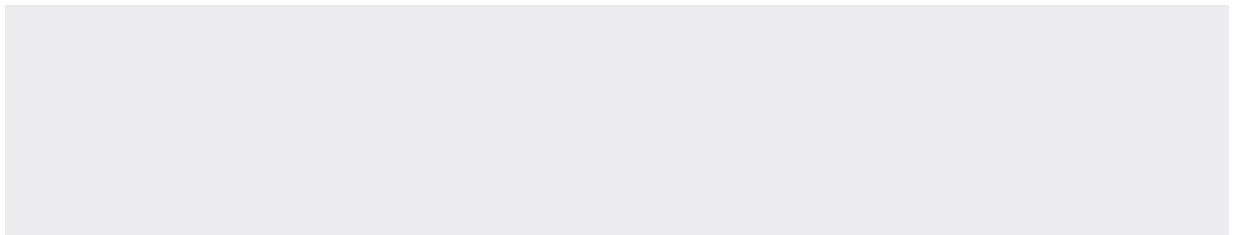
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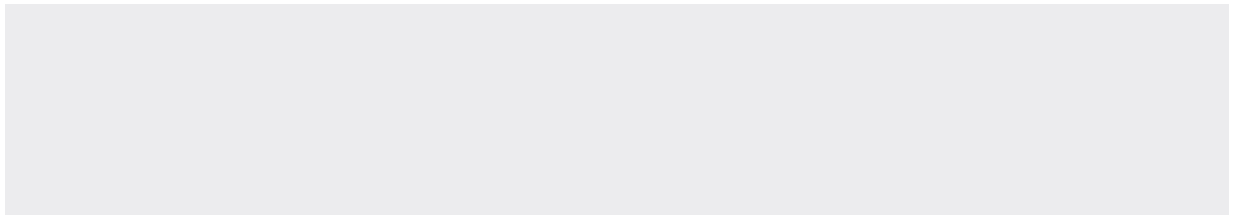
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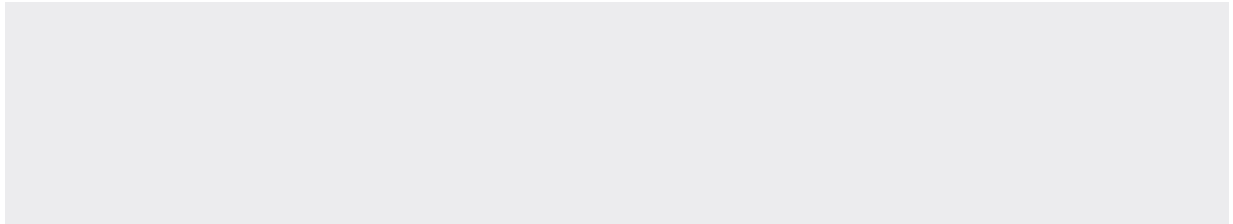


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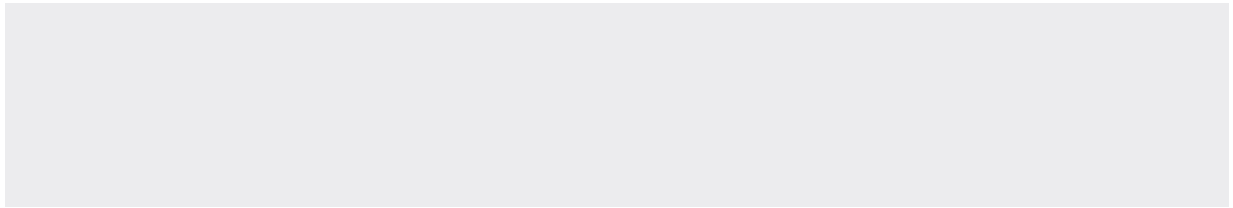


NIGHT-TIME GRATITUDE JOURNAL

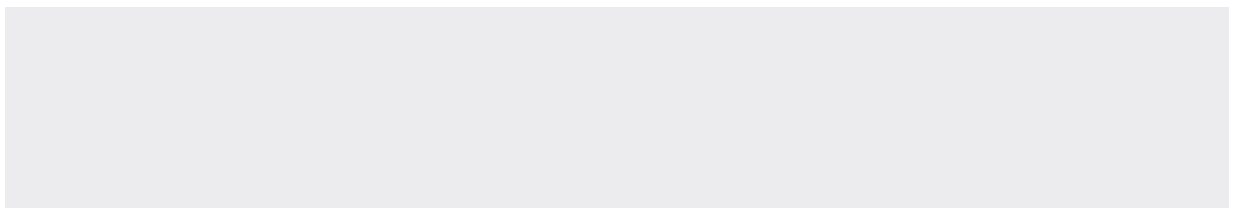
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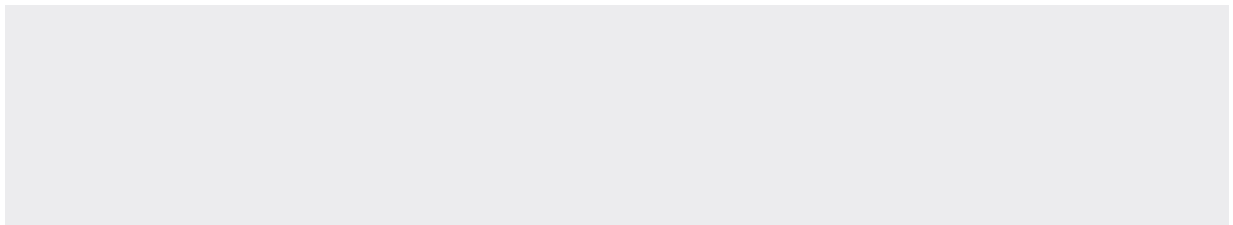
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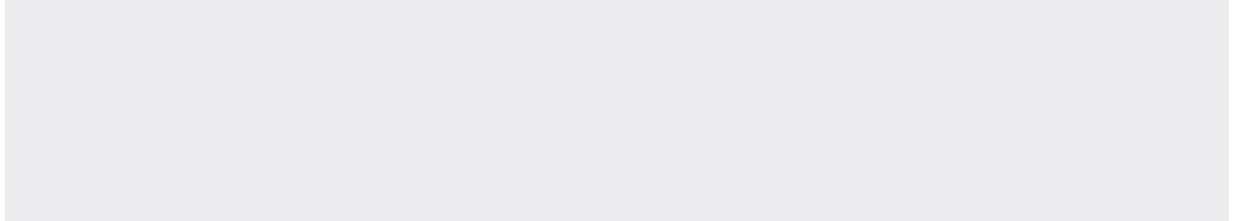
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STEP 3: THOUGHTS

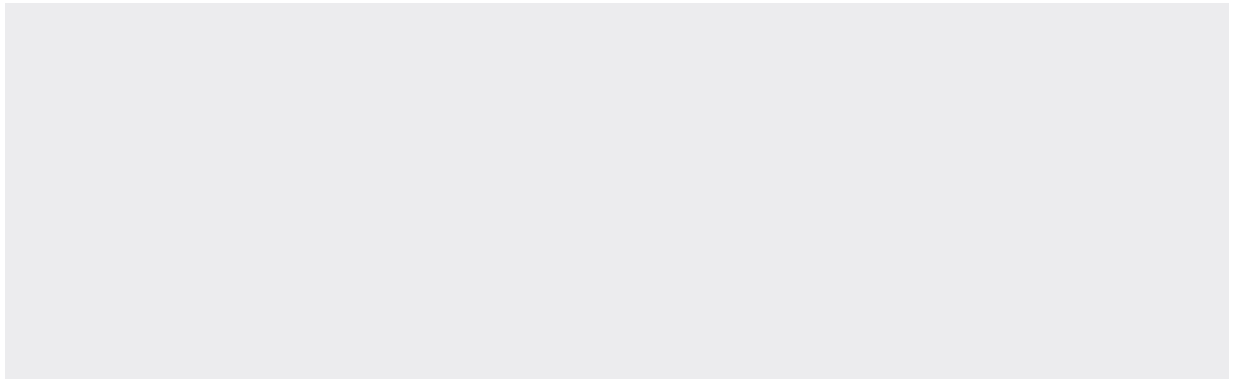
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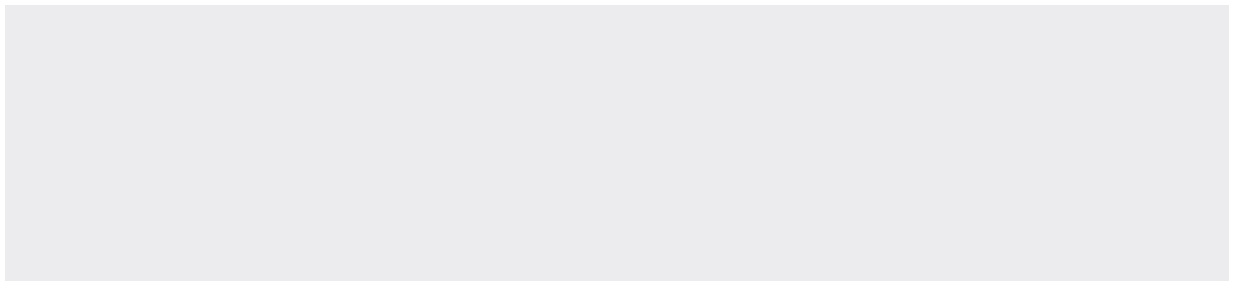
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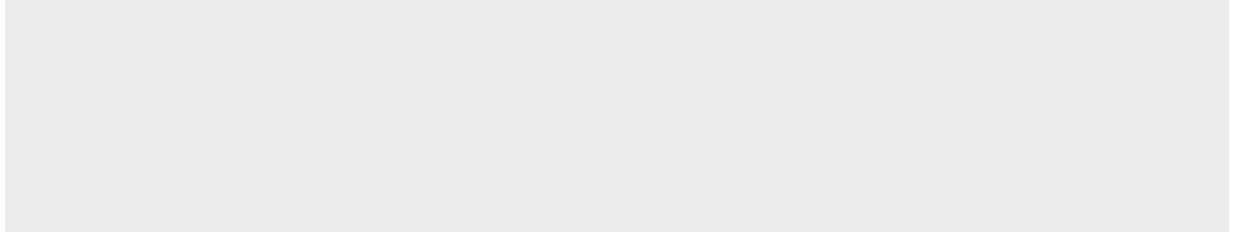


WEEK 7: DAY 4

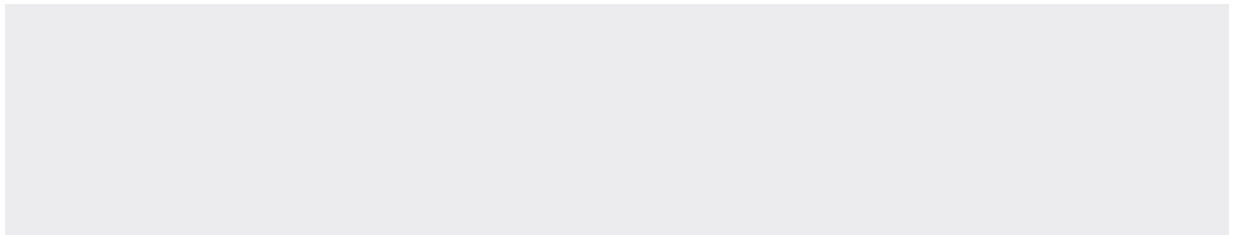
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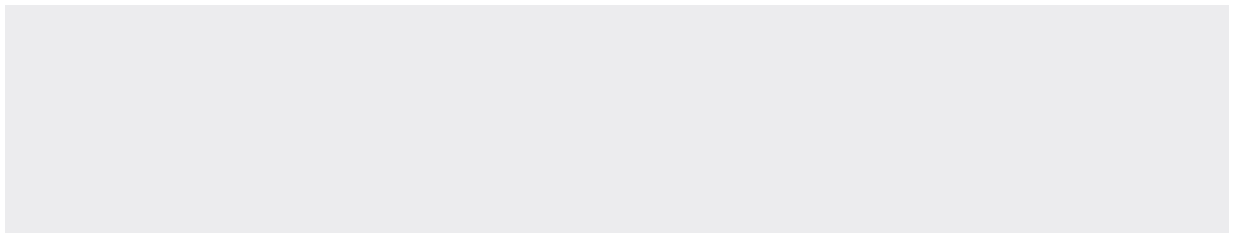
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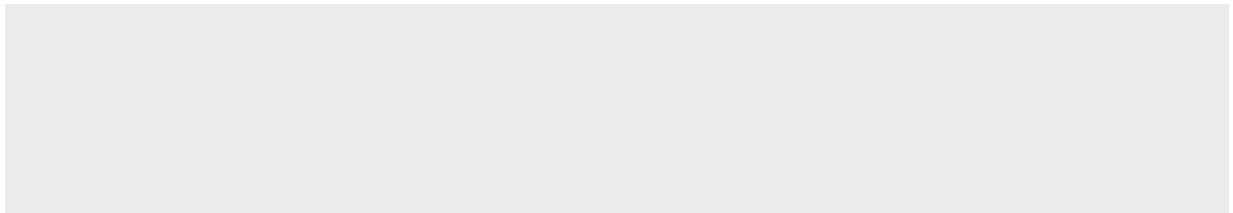
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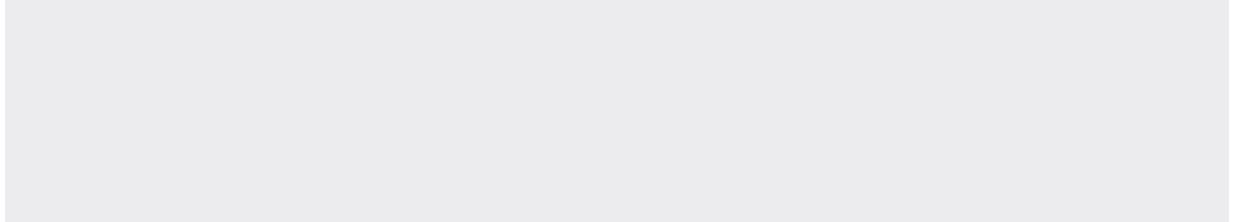


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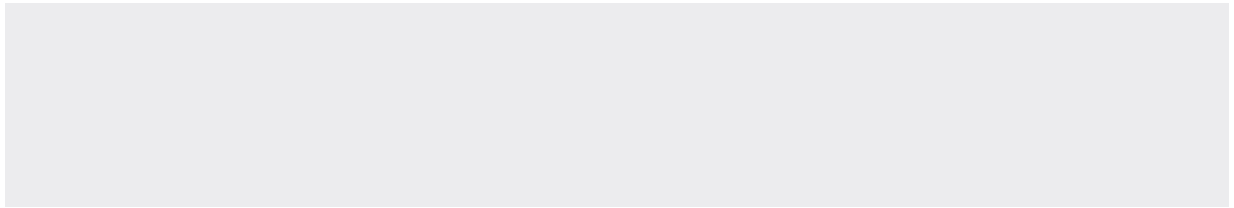


NIGHT-TIME GRATITUDE JOURNAL

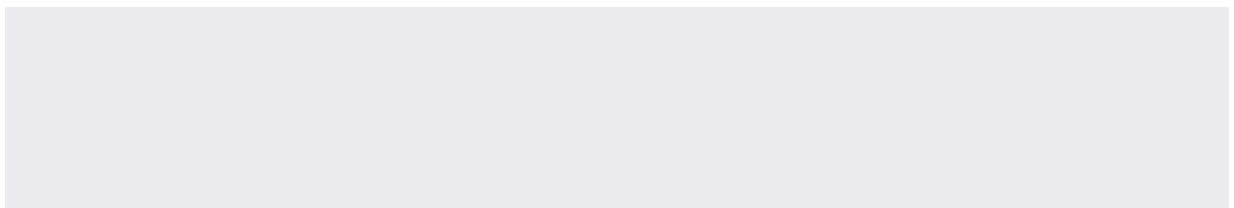
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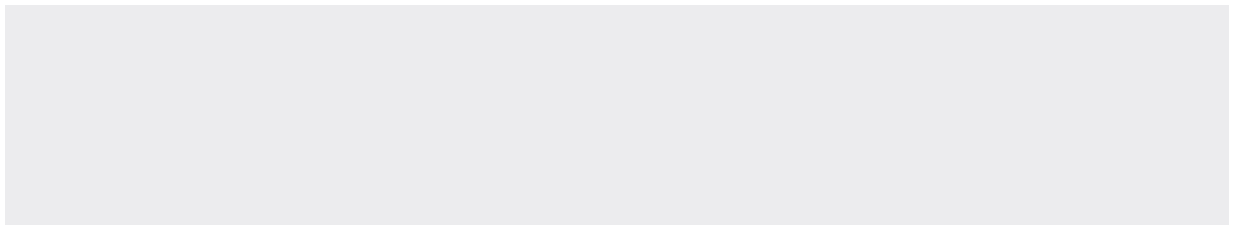
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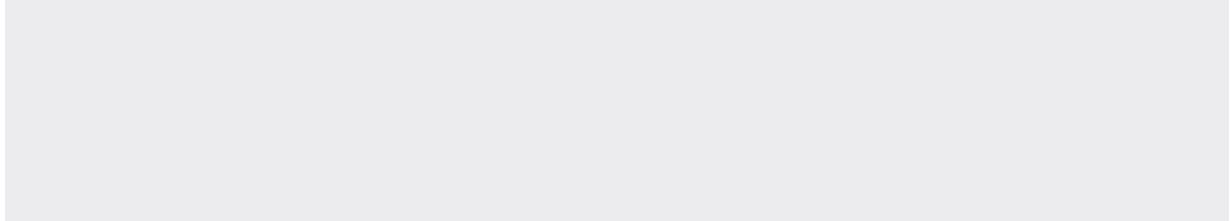
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STEP 3: THOUGHTS

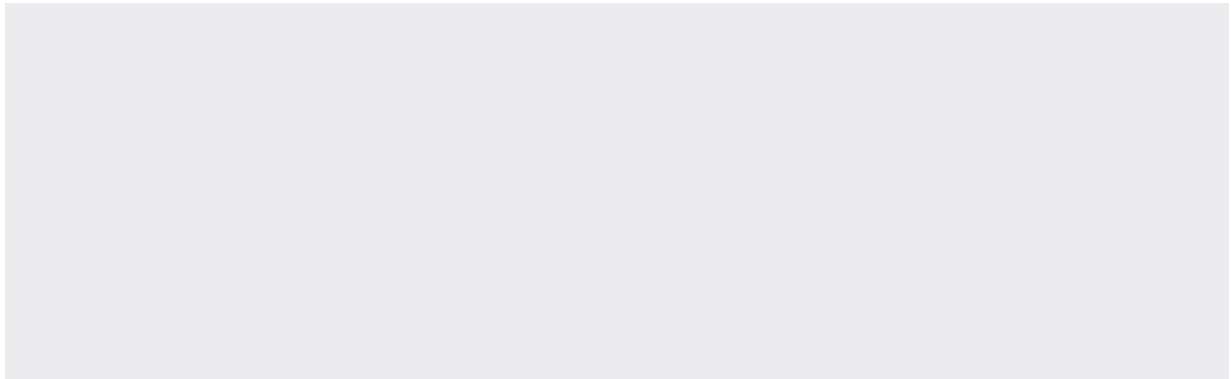
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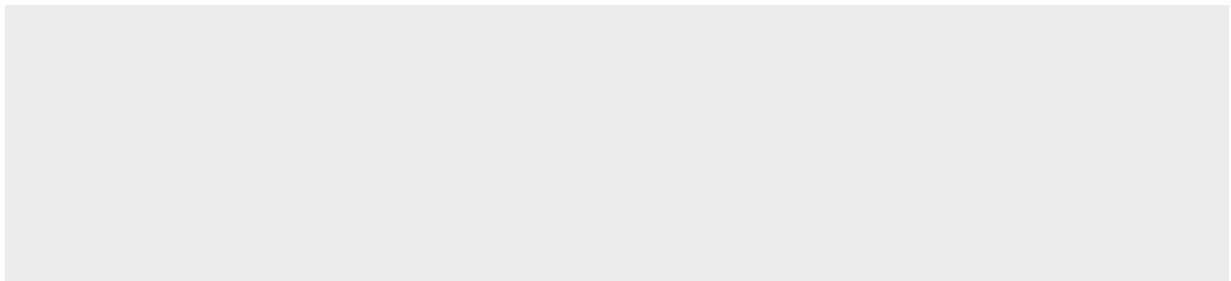
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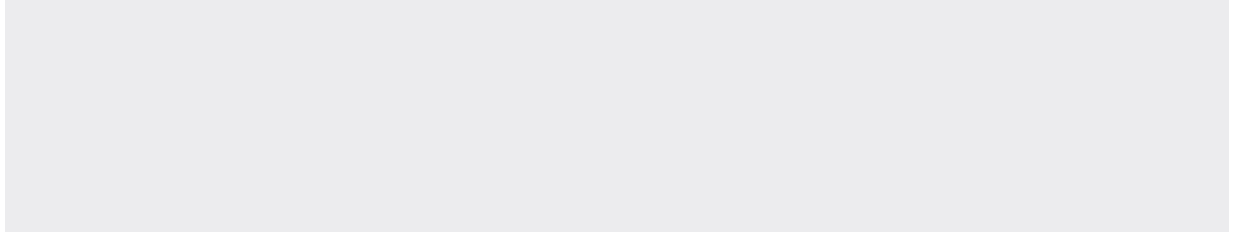


WEEK 7: DAY 5

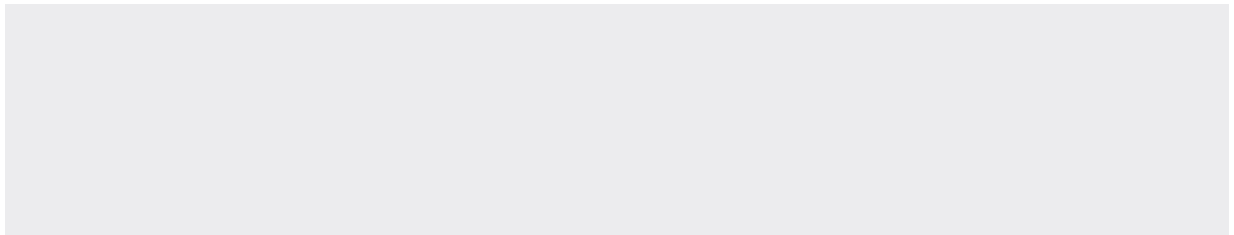
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MORNING GRATITUDE JOURNAL

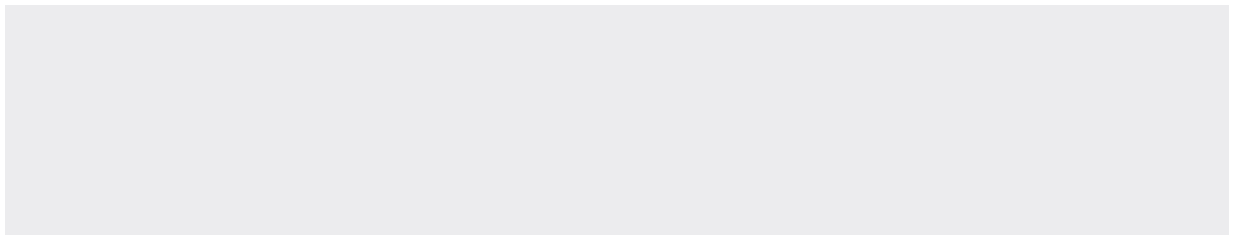
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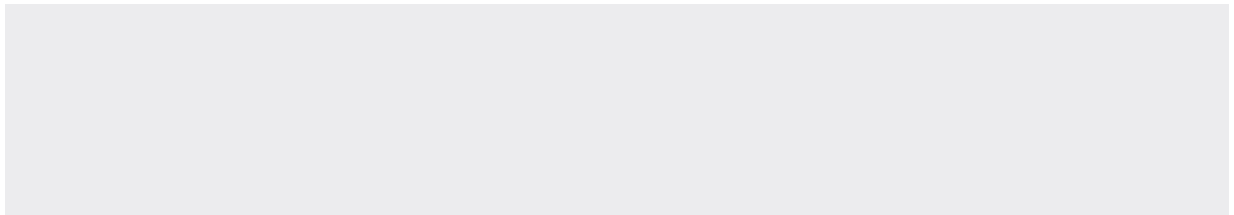
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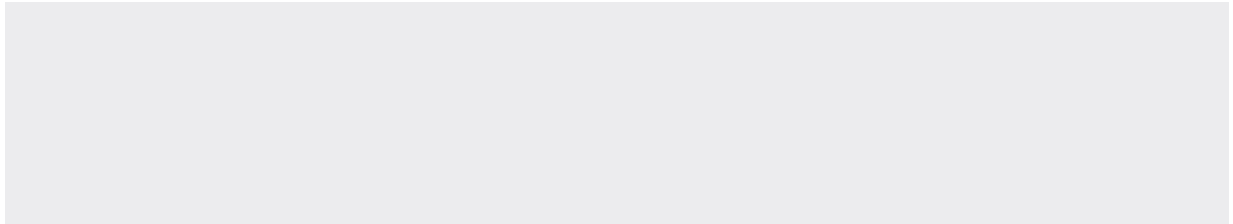


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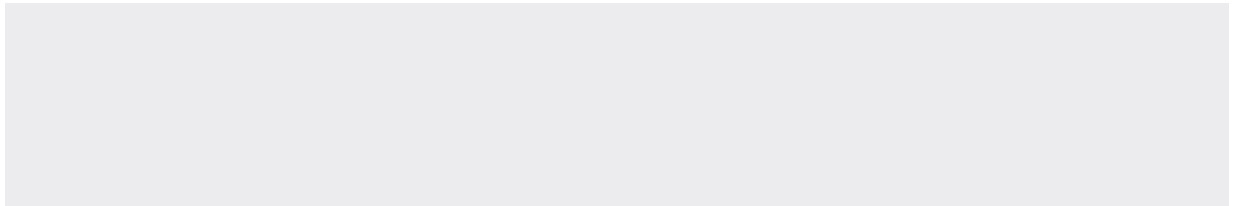


NIGHT-TIME GRATITUDE JOURNAL

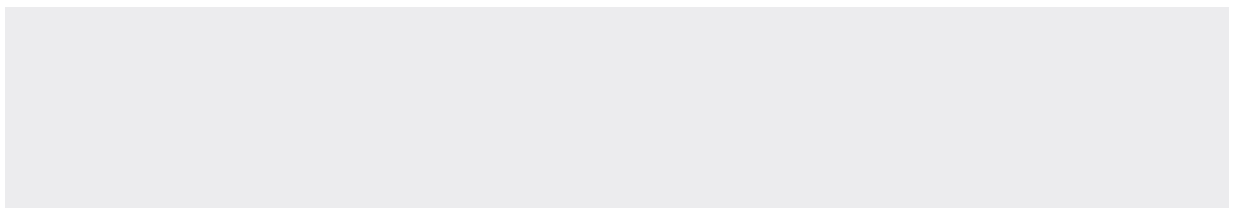
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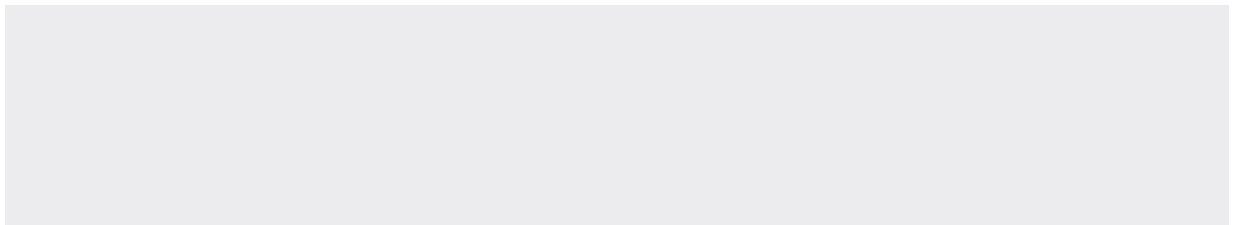
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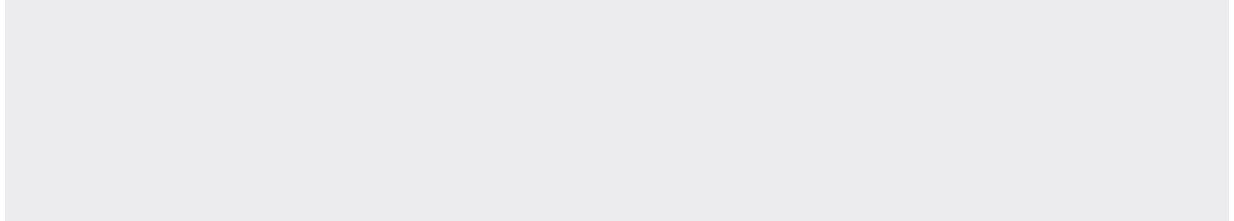
Who, What, When, Where, Why?

STEP 3: THOUGHTS

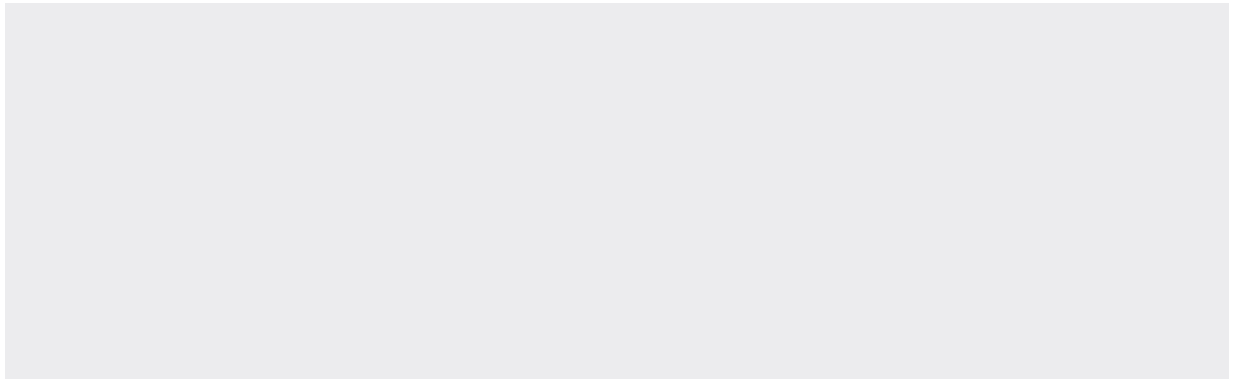
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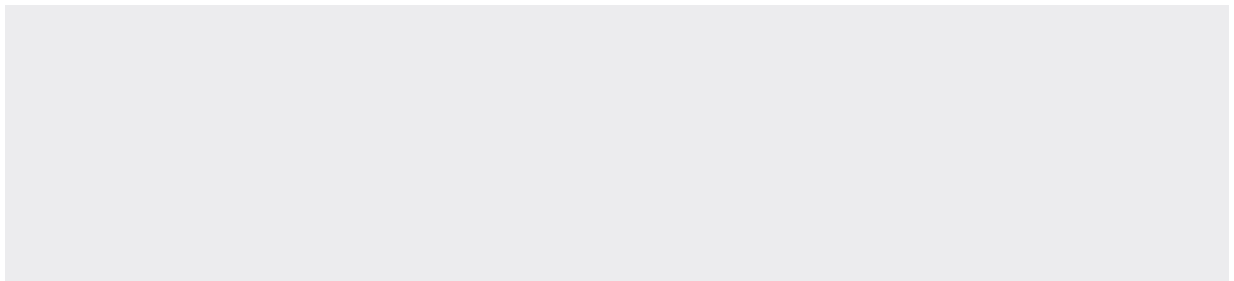
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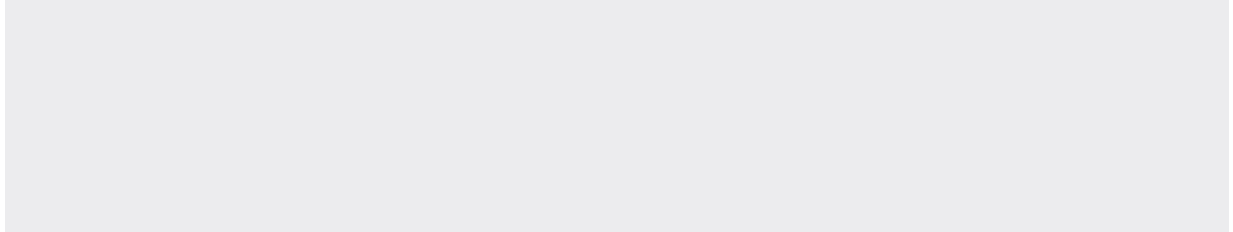


WEEK 7: DAY 6

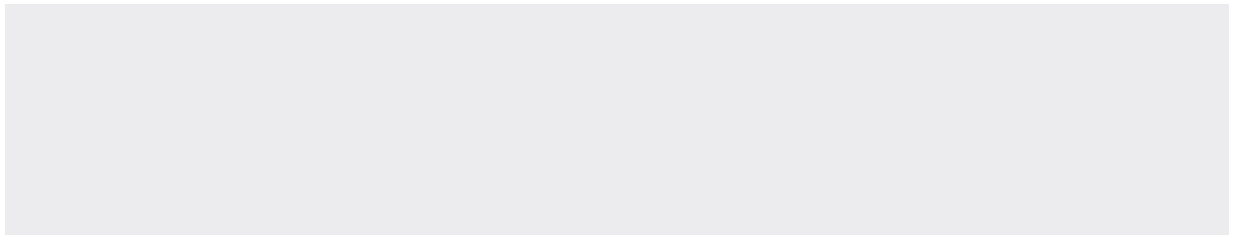
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MORNING GRATITUDE JOURNAL

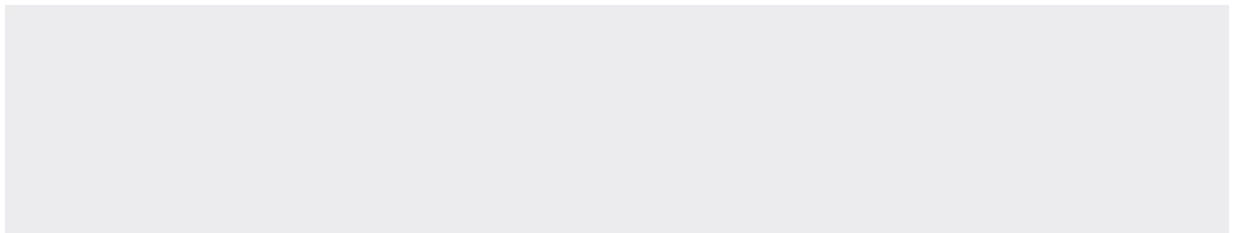
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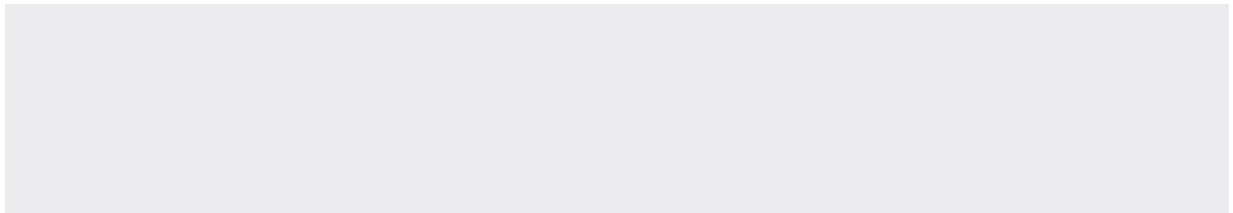
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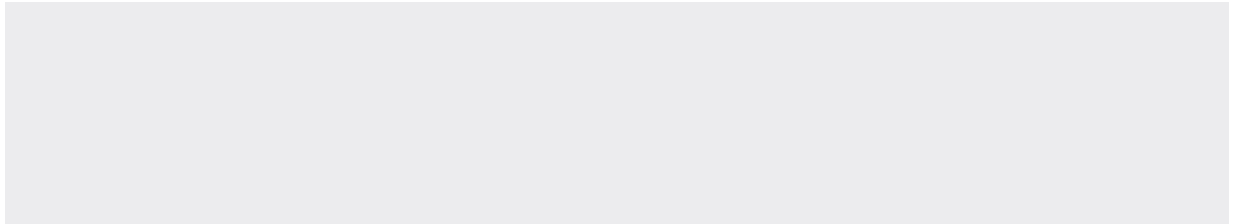


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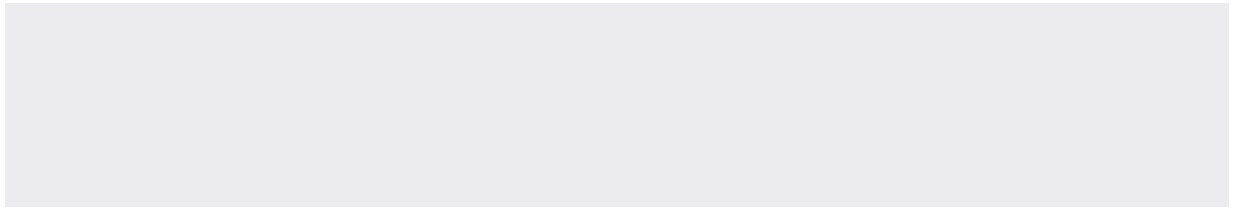


NIGHT-TIME GRATITUDE JOURNAL

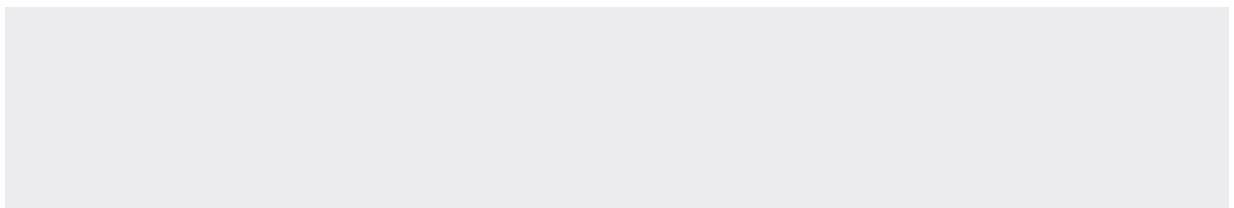
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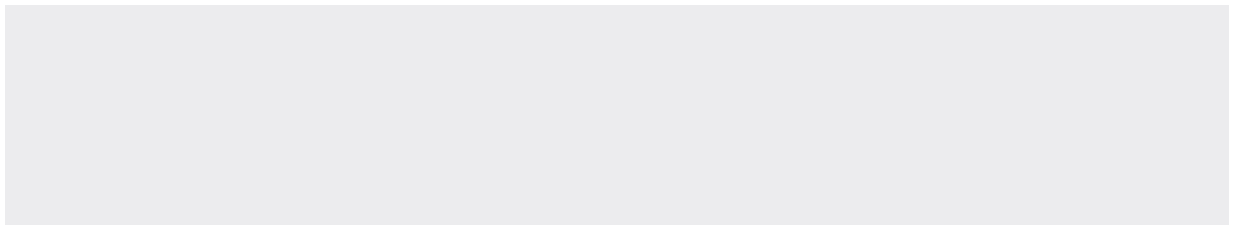
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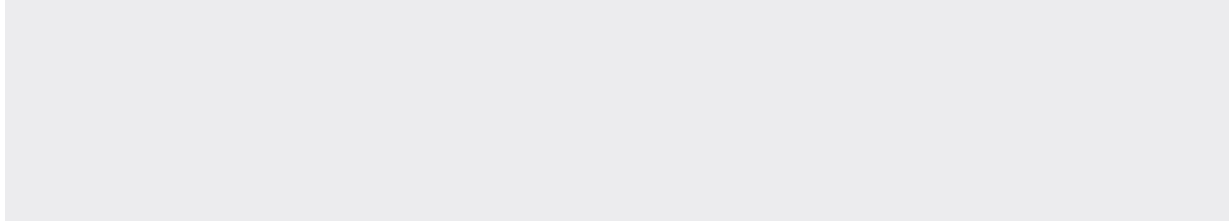
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STEP 3: THOUGHTS

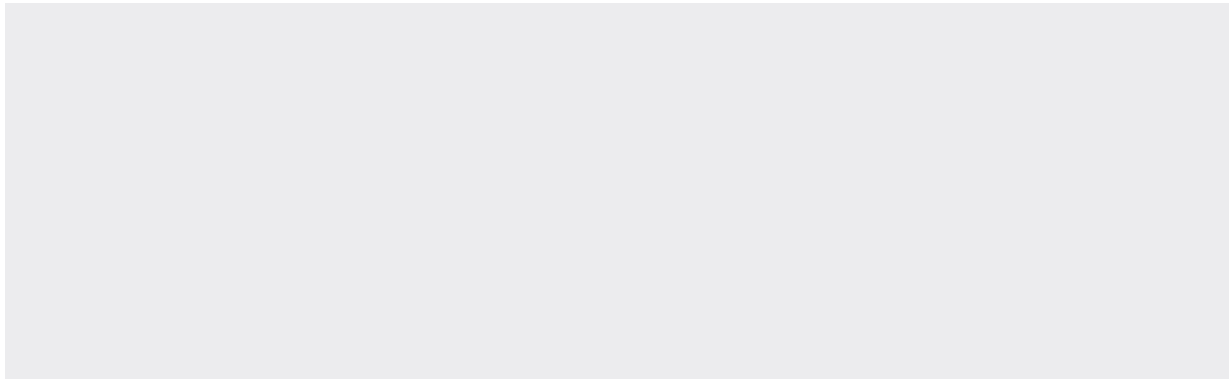
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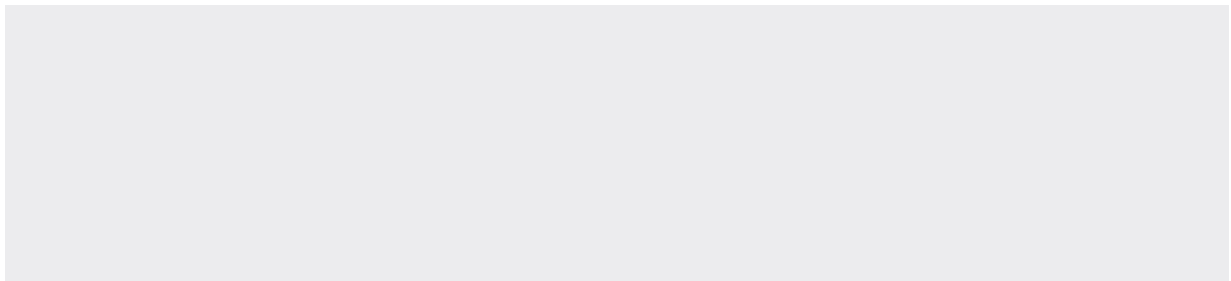
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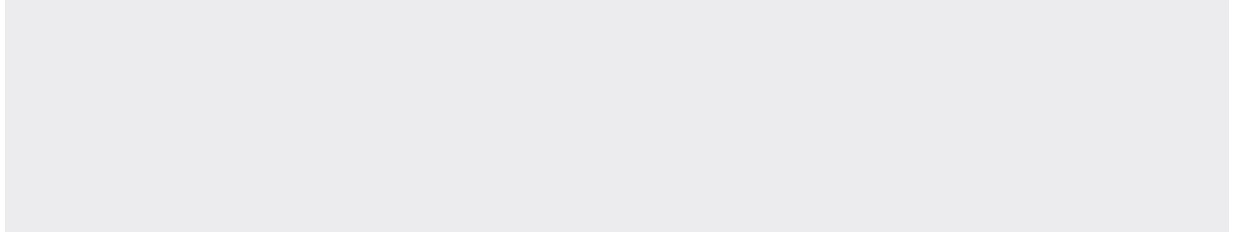


WEEK 7: DAY 7

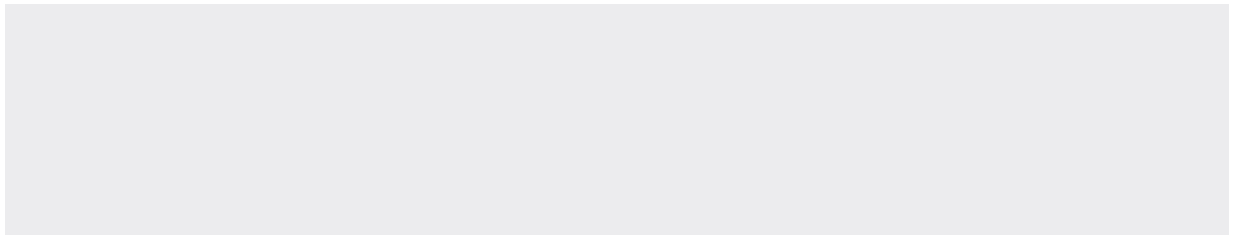
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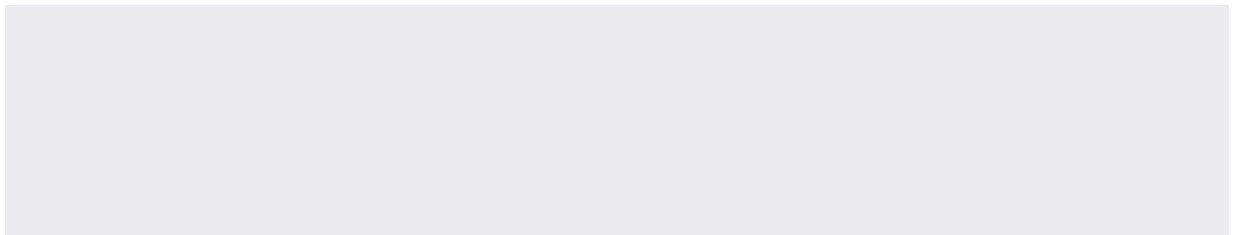
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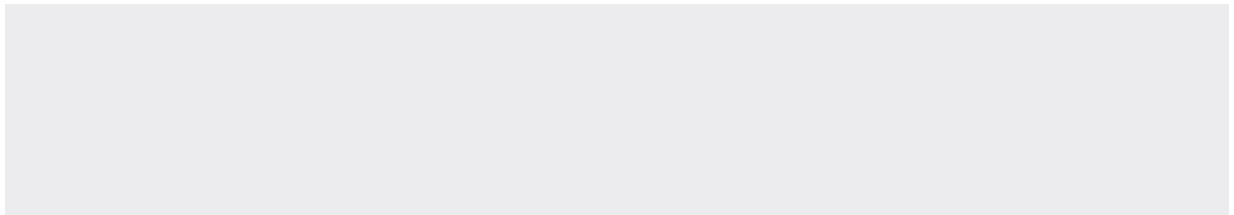
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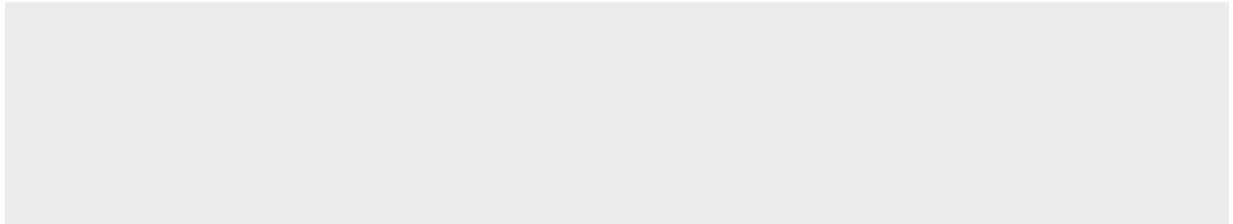


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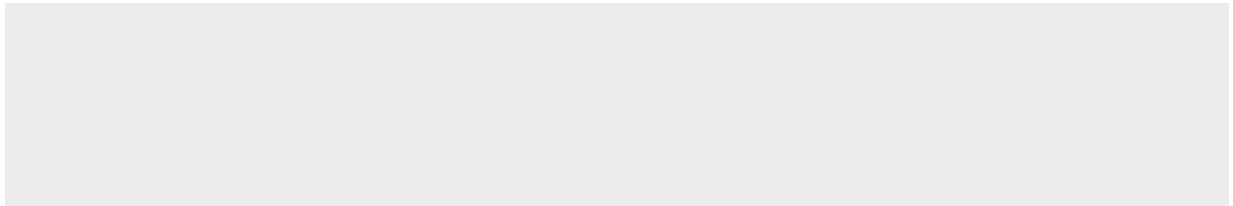


NIGHT-TIME GRATITUDE JOURNAL

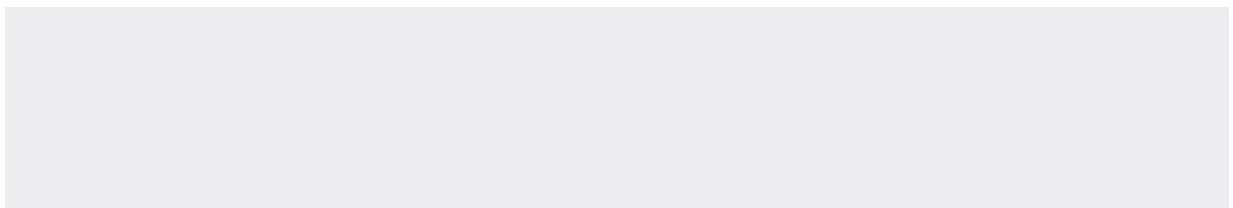
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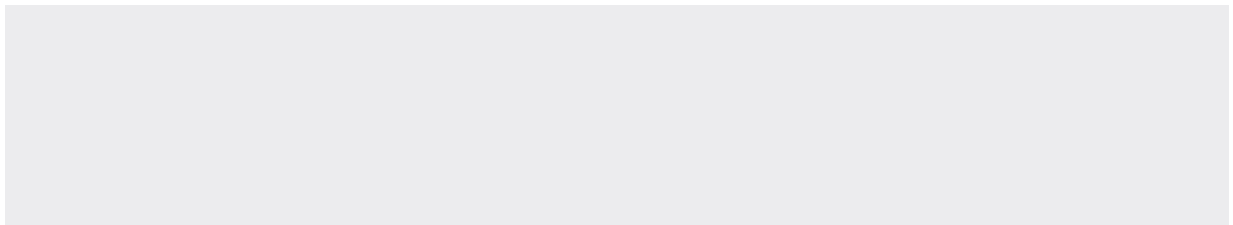
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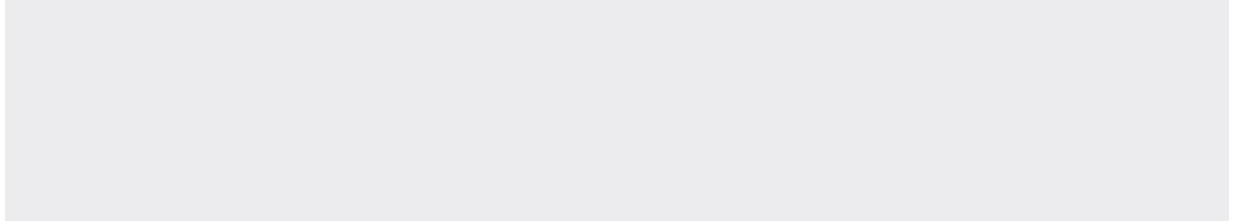
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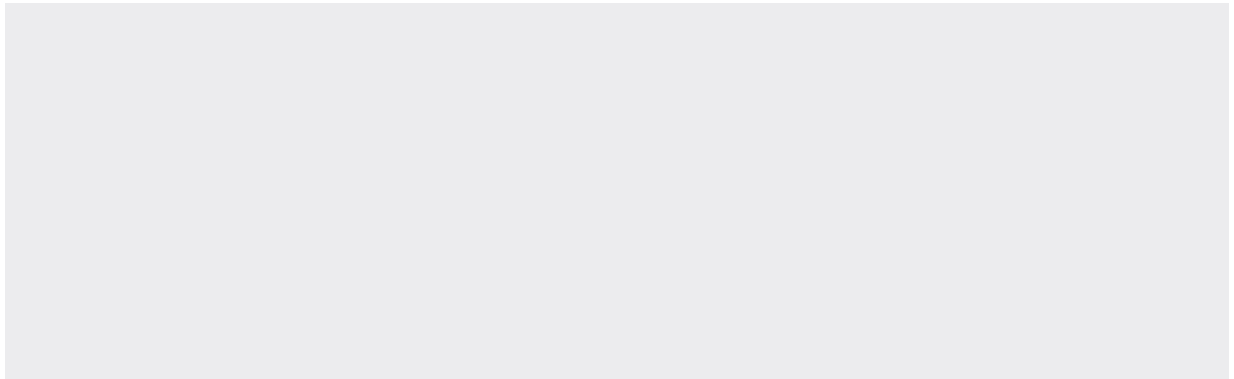
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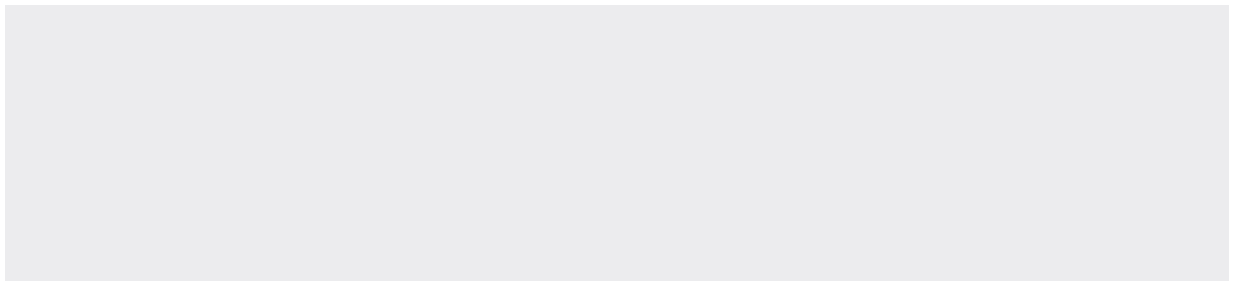
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**STEP 6: RE-RATE EMOTIONS**

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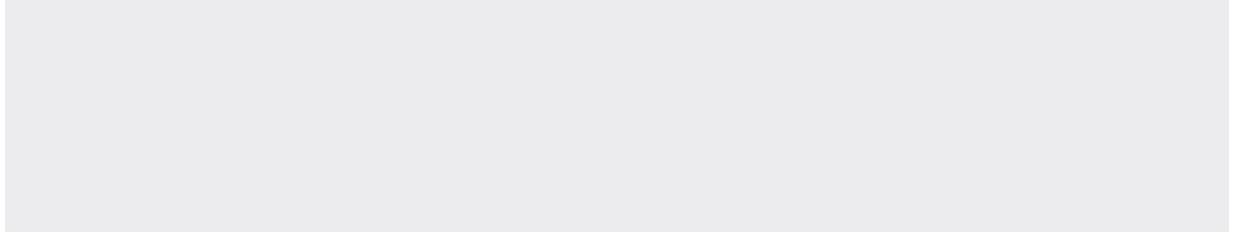


WEEK 8: DAY 1

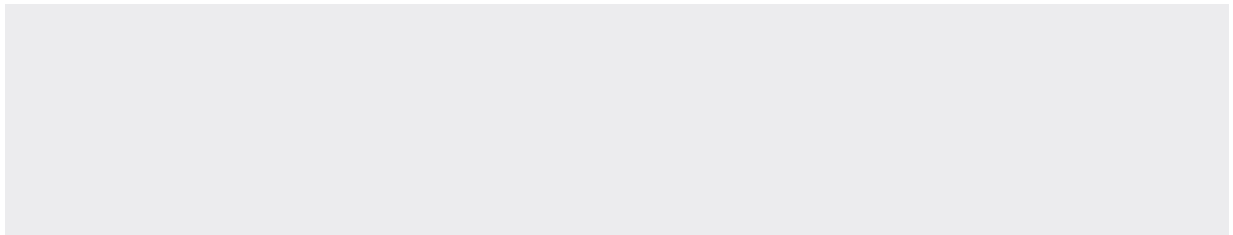
DATE:

MORNING GRATITUDE JOURNAL

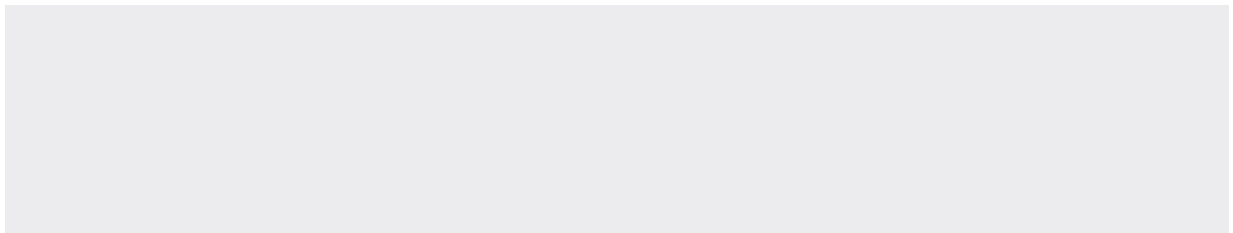
What am I happy about in my life right now?



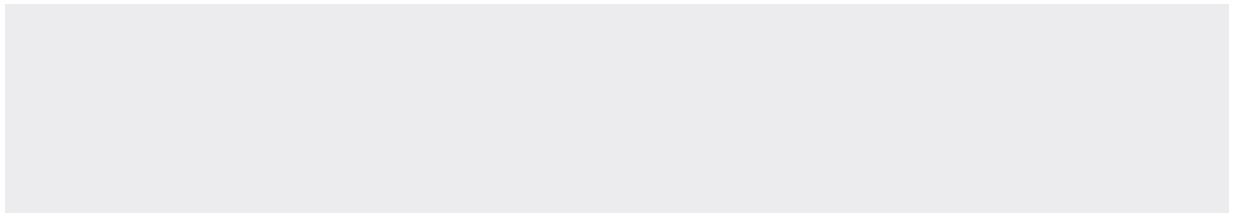
What am I excited about in my life right now?



What am I proud of in my life right now?

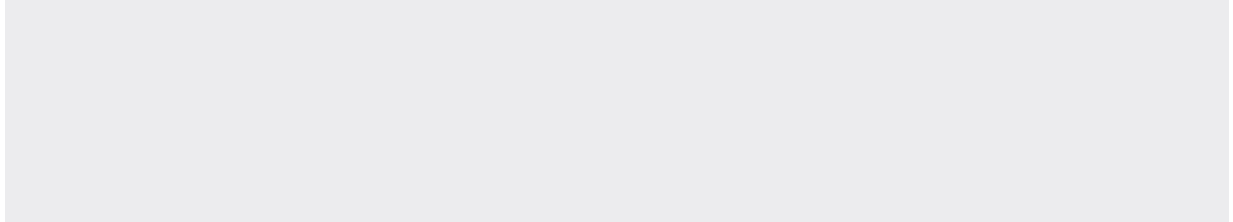


What am I committed to in my life right now?

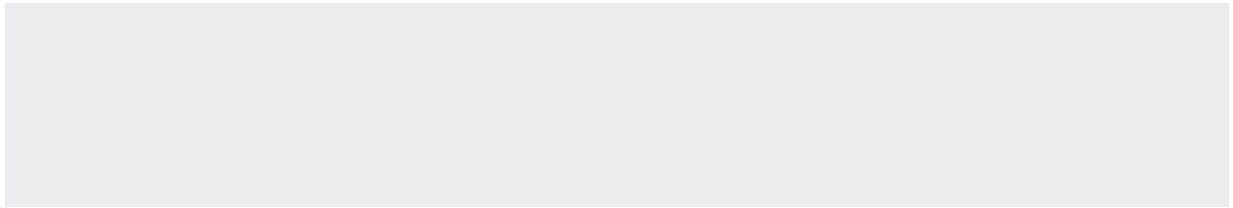


NIGHT-TIME GRATITUDE JOURNAL

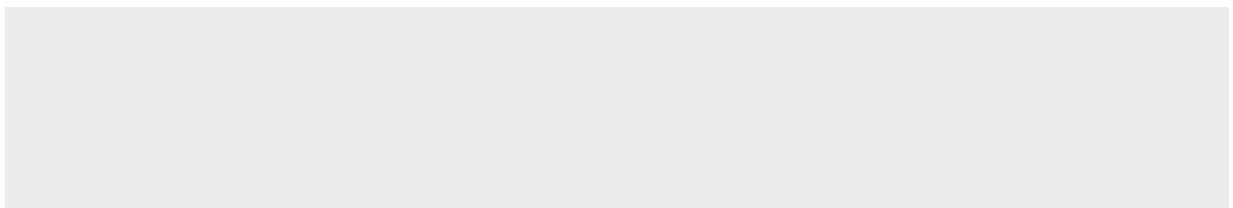
What positive things happened today that made me feel good?



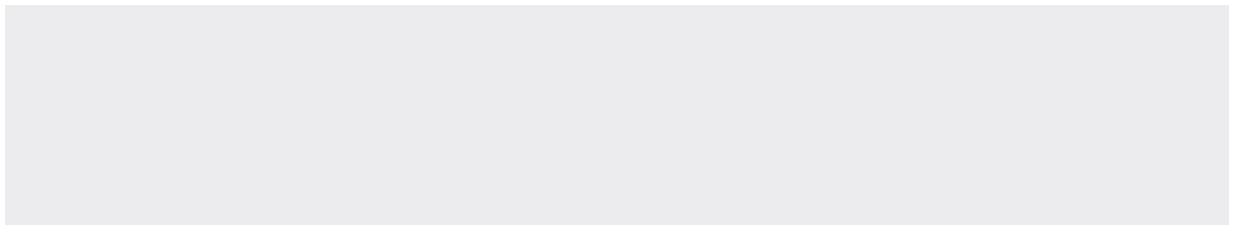
What positive things did I choose to do for myself today that made me feel good?



What small thing did someone do for me today that made my day just a little bit better?



What small things did I do for someone today that made their day just a little bit better?



THE THOUGHT RECORD



STEP1: PAUSE

What happened here?

STEP2: TRIGGER

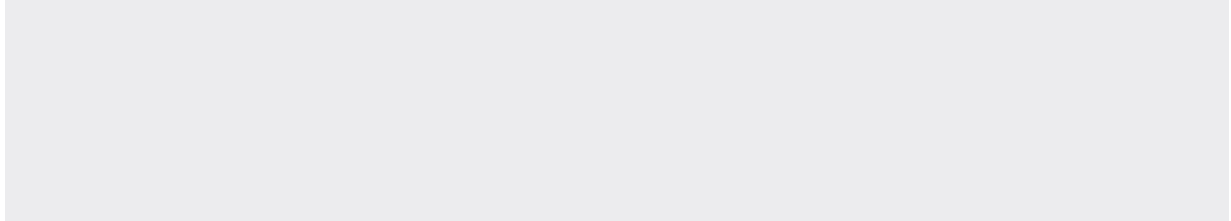
Who, What, When, Where, Why?

STEP 3: THOUGHTS

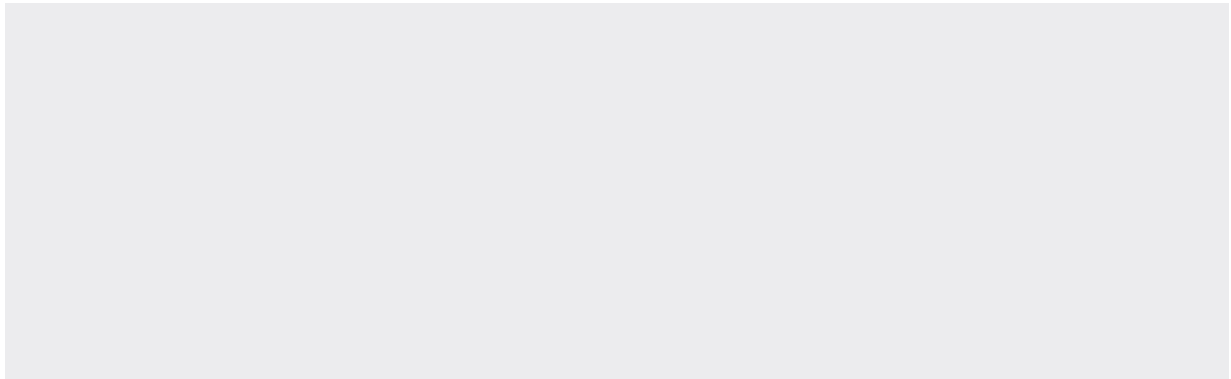
What thoughts were running through my mind immediately after the trigger?

STEP 4: EMOTIONS

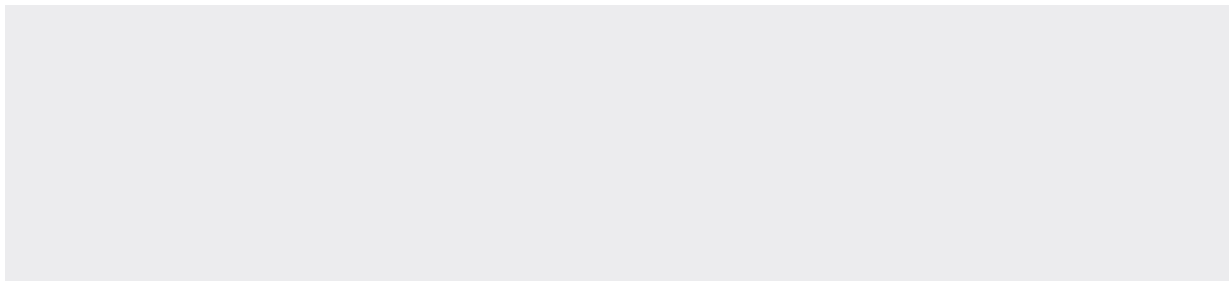
What emotions am I feeling right now? On a scale from 1 to 10, how intense are they?

**STEP 5: ALTERNATIVE THOUGHTS**

What are some alternative—ideally, more realistic—ways of interpreting what happened?

**STEP 6: RE-RATE EMOTIONS**

How intense are my emotions now?



WEEK 8: DAY 2

DATE:

MORNING GRATITUDE JOURNAL

What am I happy about in my life right now?

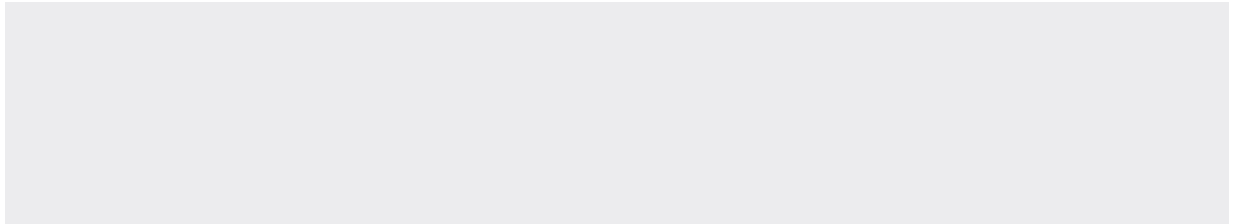
What am I excited about in my life right now?

What am I proud of in my life right now?

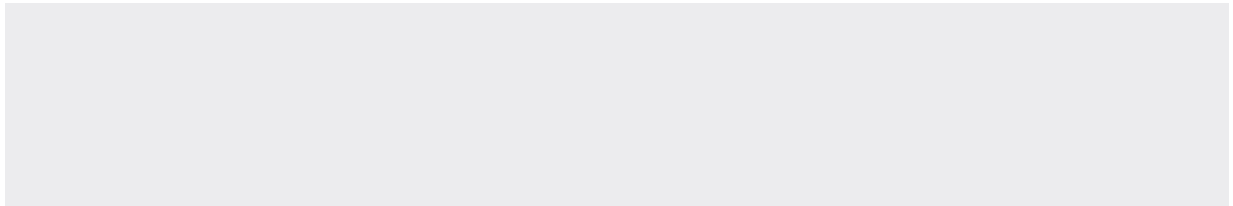
What am I committed to in my life right now?

NIGHT-TIME GRATITUDE JOURNAL

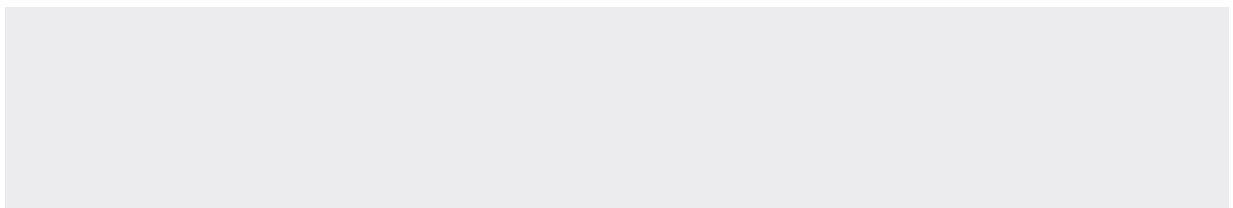
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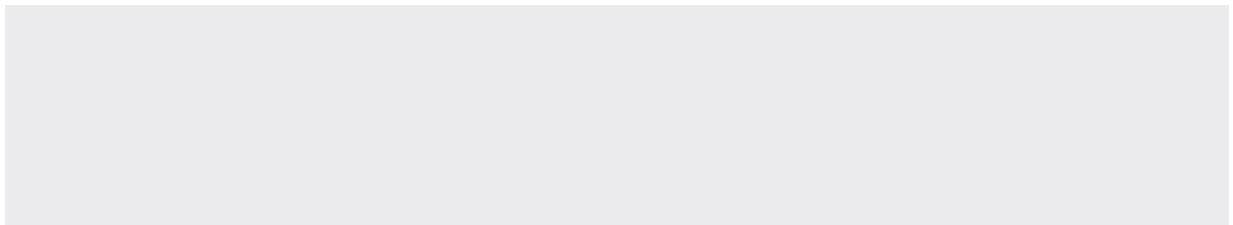
What positive things did I choose to do for myself today that made me feel good?



What small thing did someone do for me today that made my day just a little bit better?



What small things did I do for someone today that made their day just a little bit better?



THE THOUGHT RECORD



STEP1: PAUSE

What happened here?

STEP2: TRIGGER

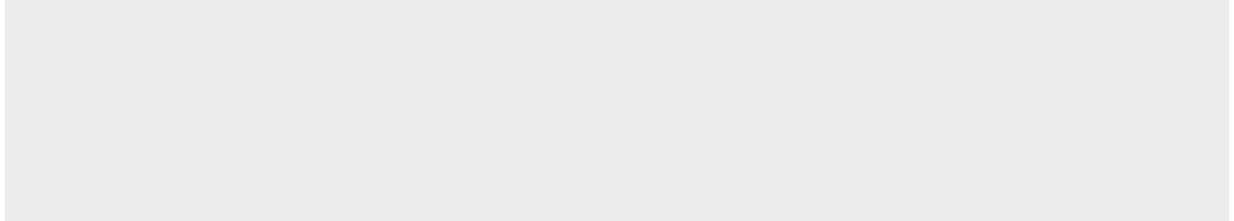
Who, What, When, Where, Why?

STEP 3: THOUGHTS

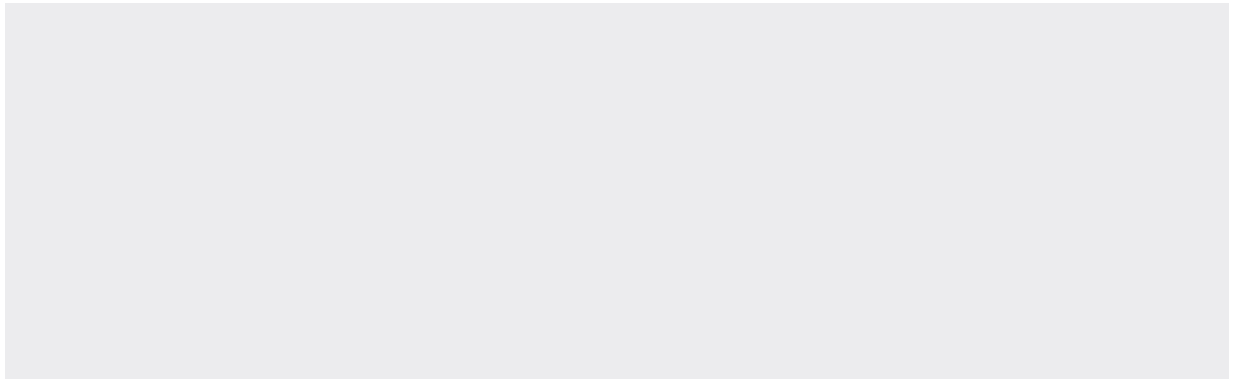
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STEP 4: EMOTIONS

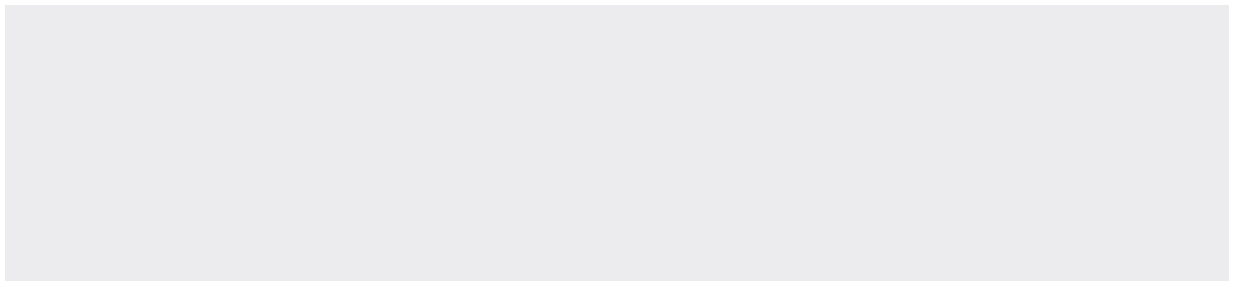
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**STEP 5: ALTERNATIVE THOUGHTS**

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**STEP 6: RE-RATE EMOTIONS**

How intense are my emotions now?

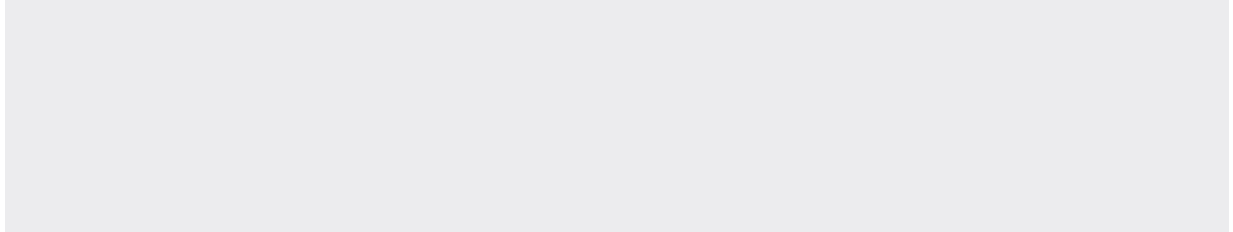


WEEK 8: DAY 3

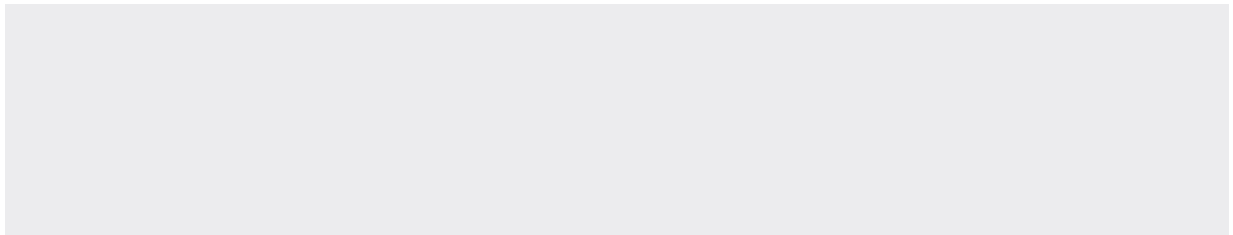
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MORNING GRATITUDE JOURNAL

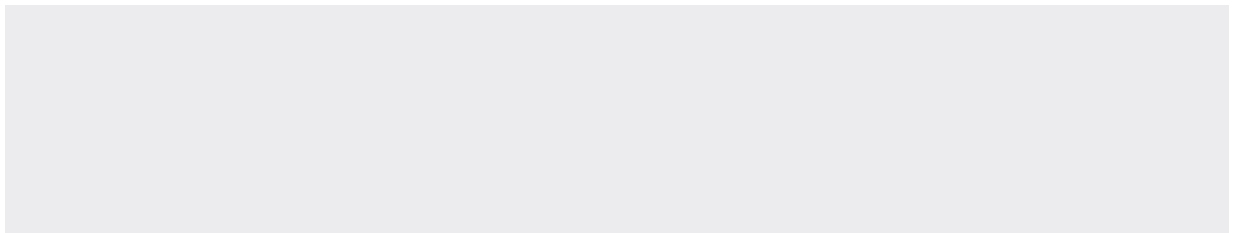
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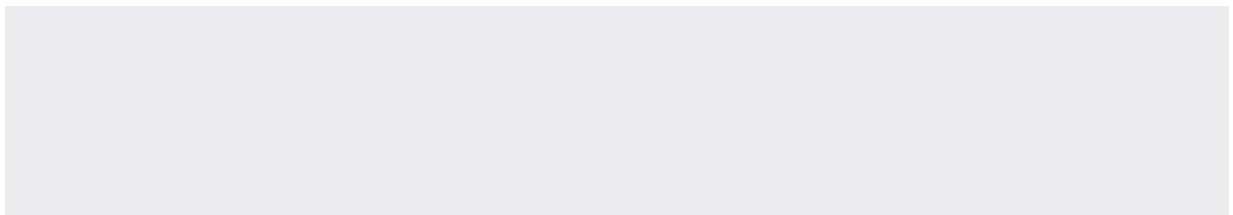
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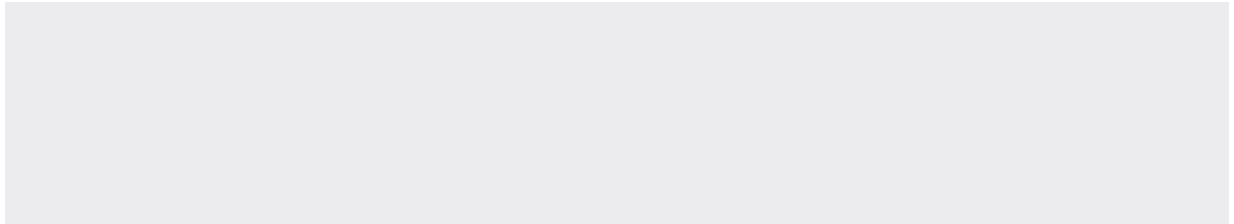


What am I committed to in my life right now?

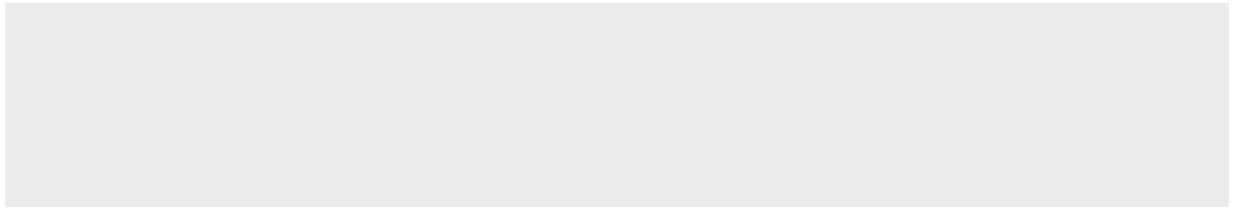


NIGHT-TIME GRATITUDE JOURNAL

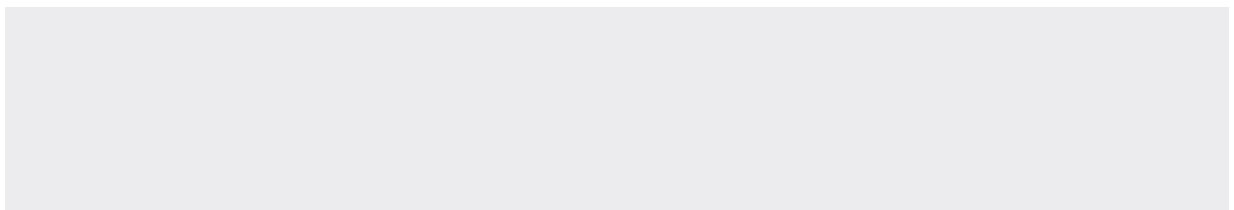
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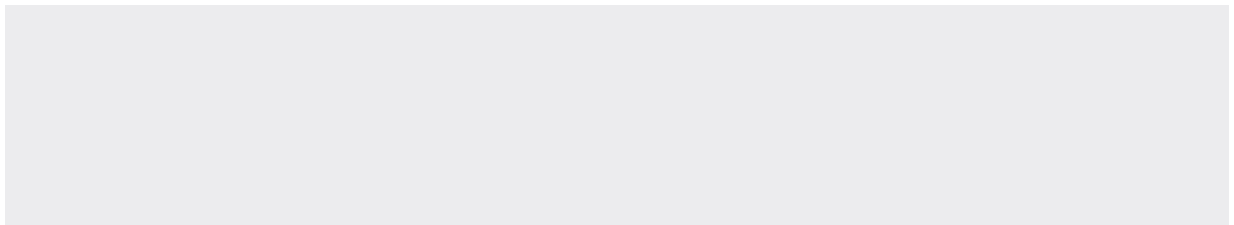
What positive things did I choose to do for myself today that made me feel good?



What small thing did someone do for me today that made my day just a little bit better?



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THE THOUGHT RECORD



STEP1: PAUSE

What happened here?

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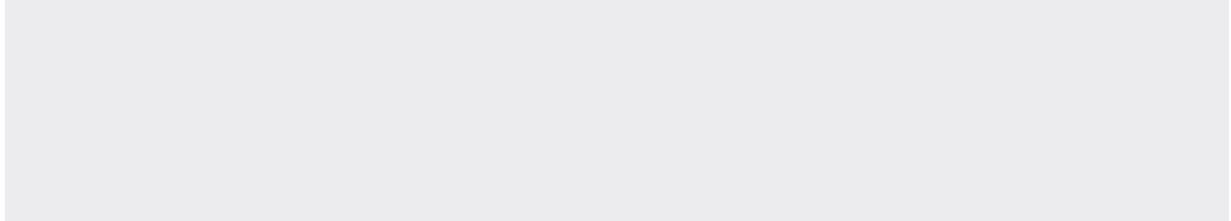
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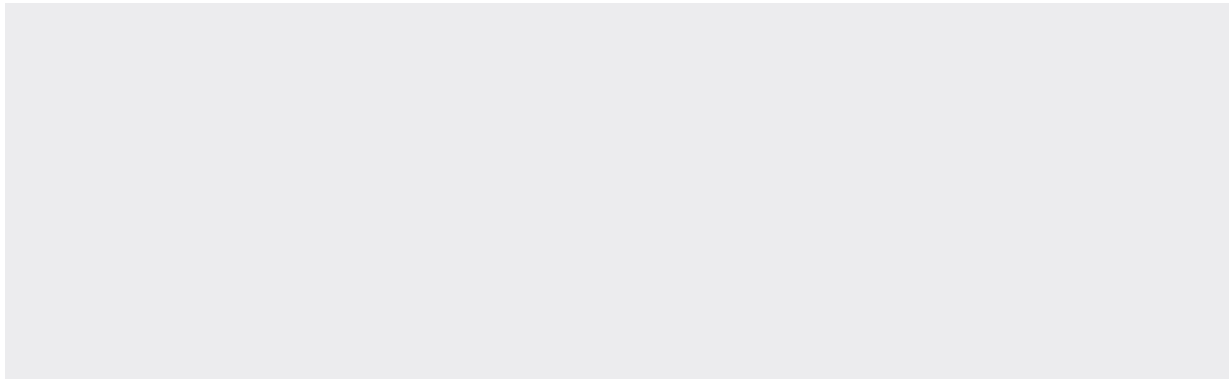
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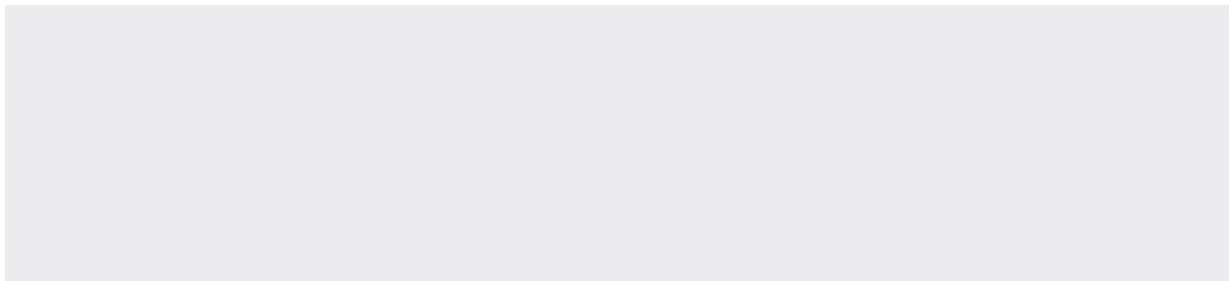
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**STEP 6: RE-RATE EMOTIONS**

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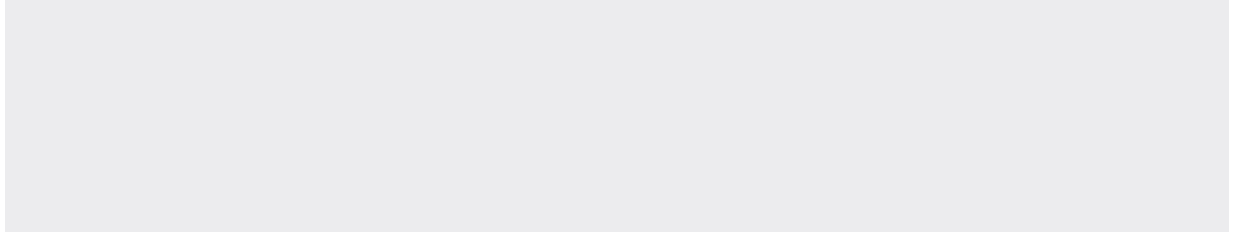


WEEK 8: DAY 4

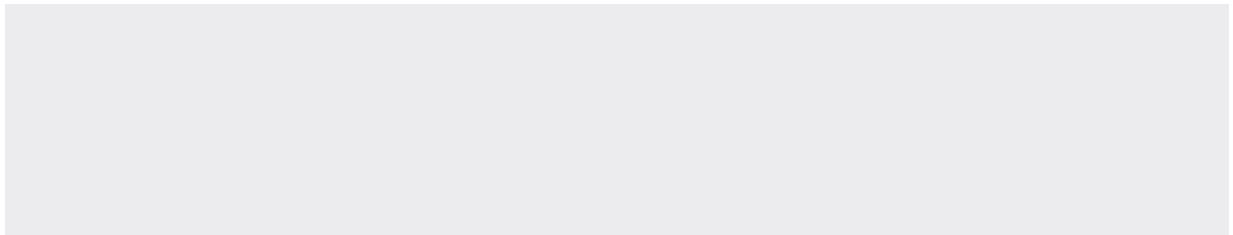
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MORNING GRATITUDE JOURNAL

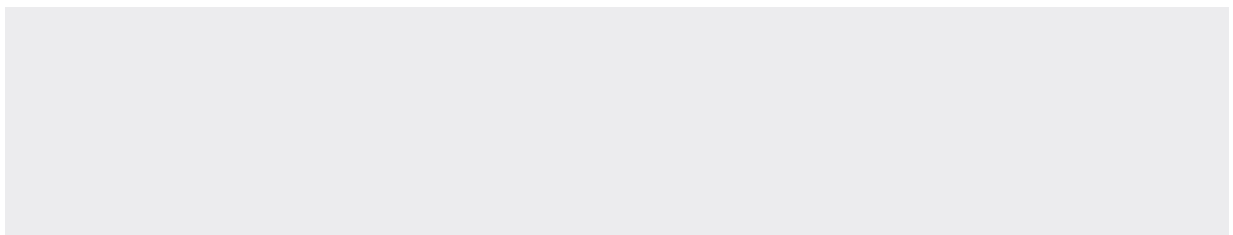
What am I happy about in my life right now?



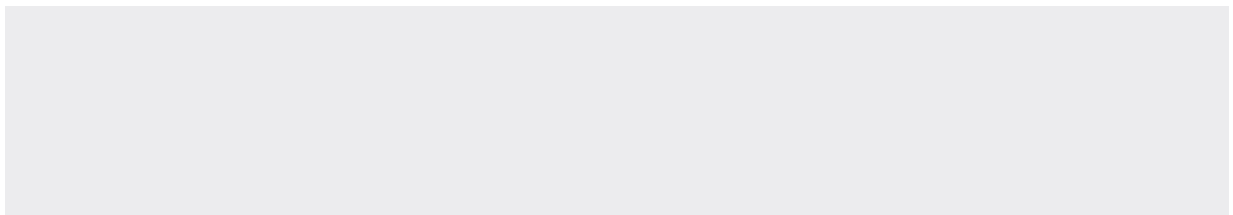
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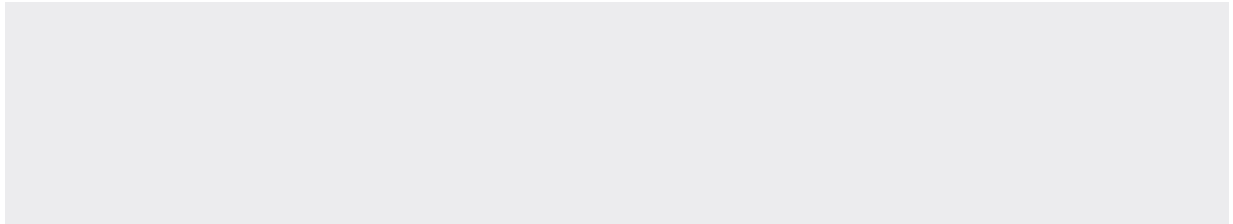


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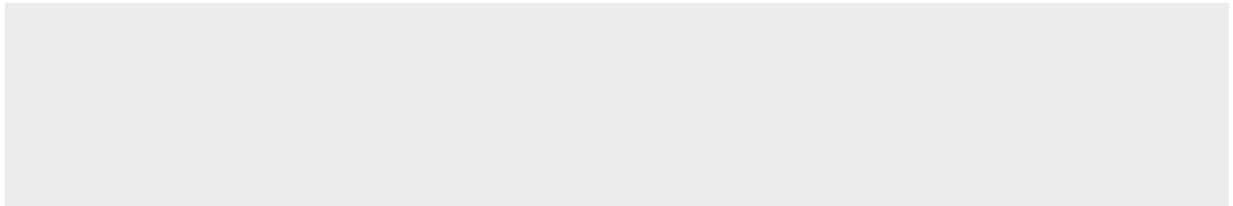


NIGHT-TIME GRATITUDE JOURNAL

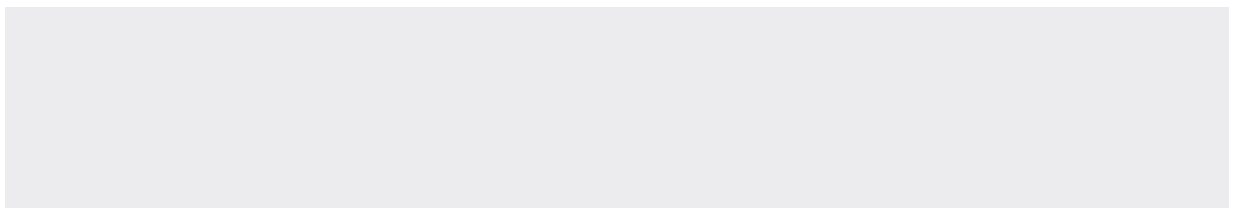
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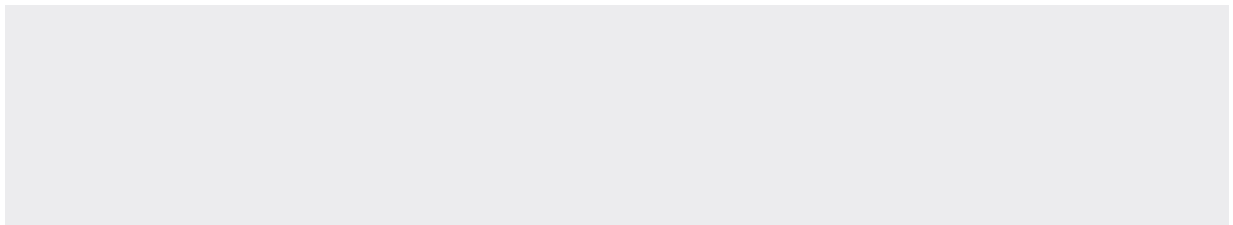
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THE THOUGHT RECORD



STEP1: PAUSE

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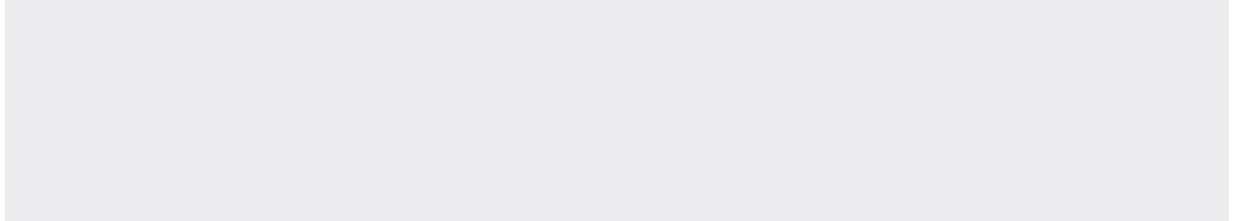
Who, What, When, Where, Why?

STEP 3: THOUGHTS

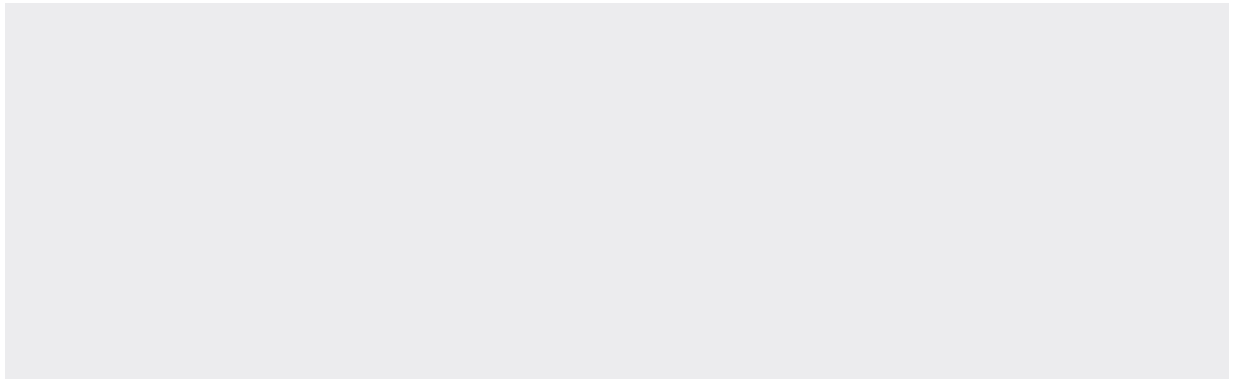
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STEP 4: EMOTIONS

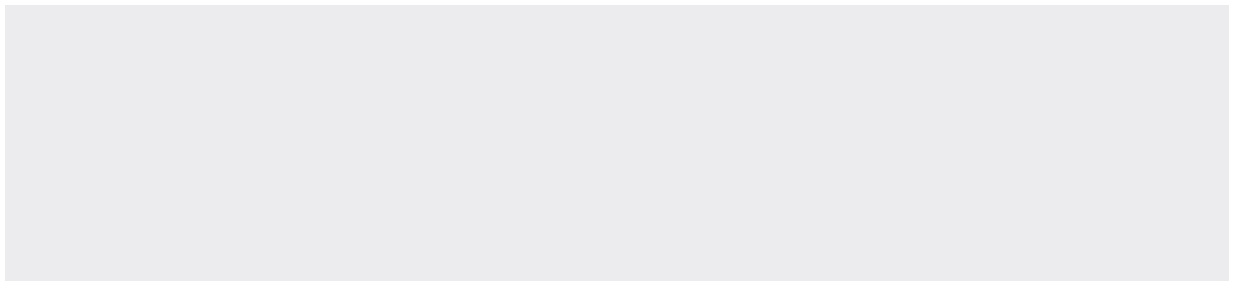
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**STEP 5: ALTERNATIVE THOUGHTS**

What are some alternative—ideally, more realistic—ways of interpreting what happened?

**STEP 6: RE-RATE EMOTIONS**

How intense are my emotions now?

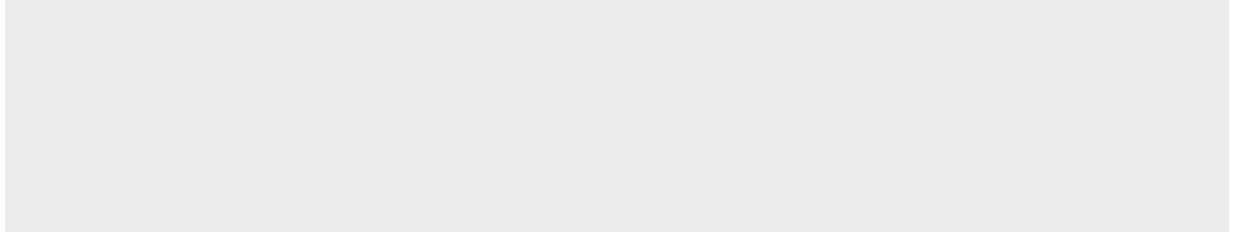


WEEK 8: DAY 5

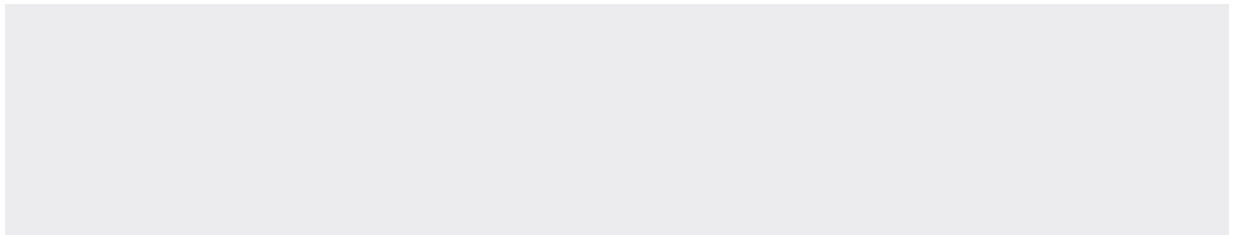
DATE:

MORNING GRATITUDE JOURNAL

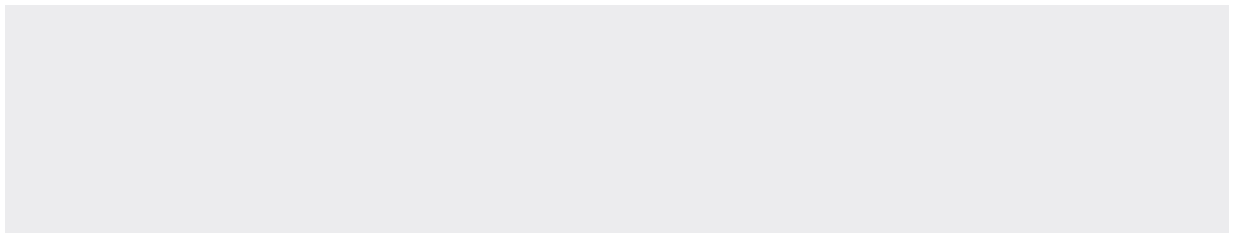
What am I happy about in my life right now?



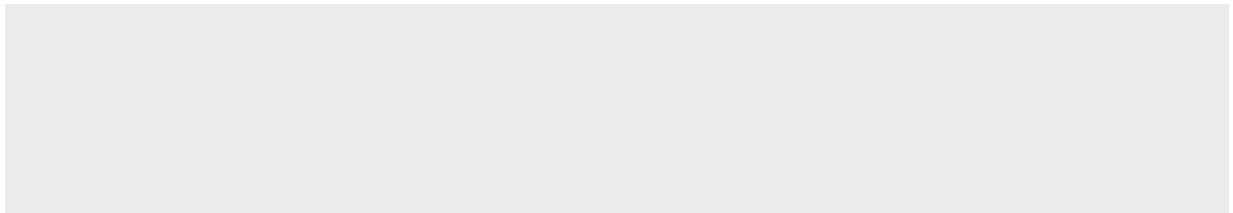
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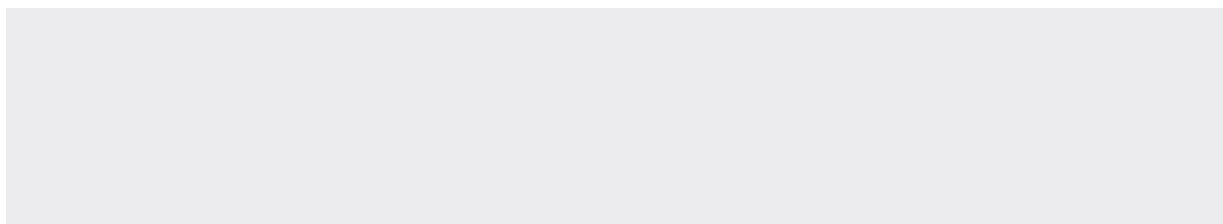


What am I committed to in my life right now?

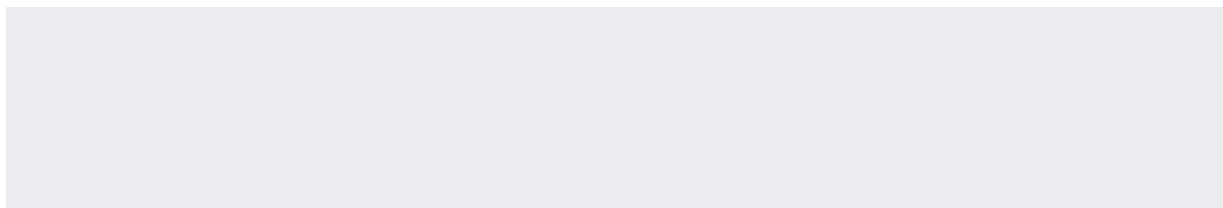


NIGHT-TIME GRATITUDE JOURNAL

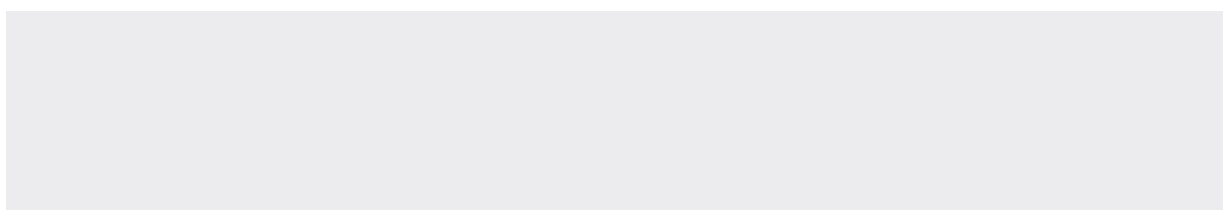
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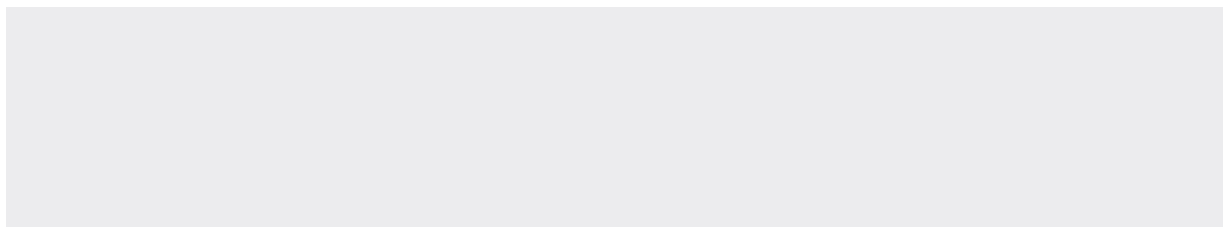
What positive things did I choose to do for myself today that made me feel good?



What small thing did someone do for me today that made my day just a little bit better?



What small things did I do for someone today that made their day just a little bit better?



THE THOUGHT RECORD



STEP1: PAUSE

What happened here?

STEP2: TRIGGER

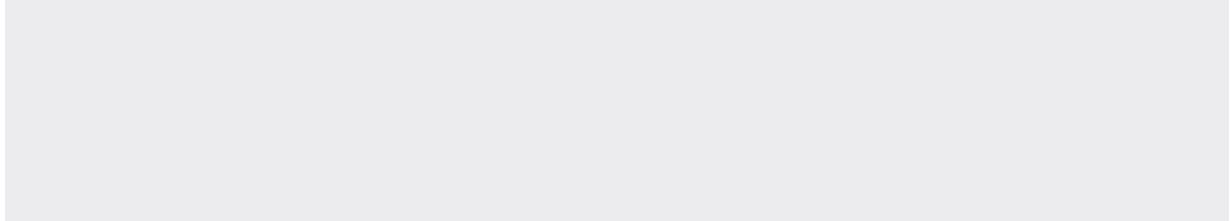
Who, What, When, Where, Why?

STEP 3: THOUGHTS

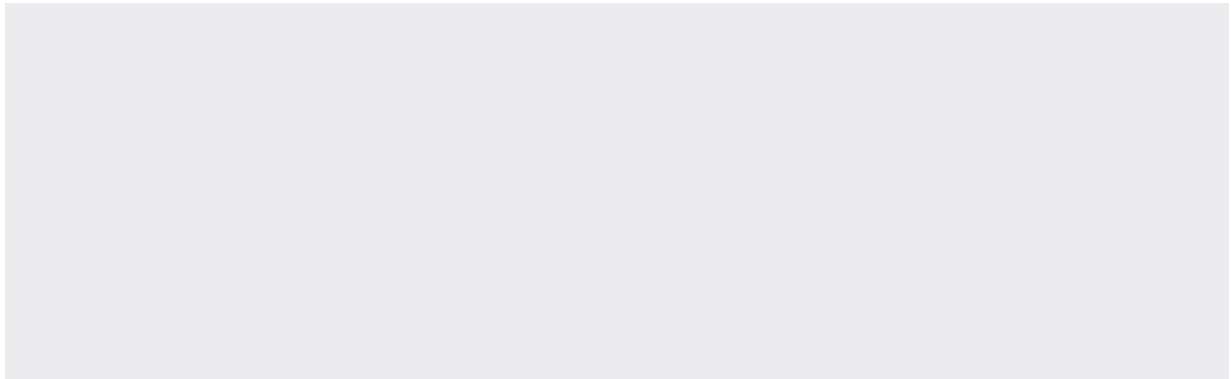
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STEP 4: EMOTIONS

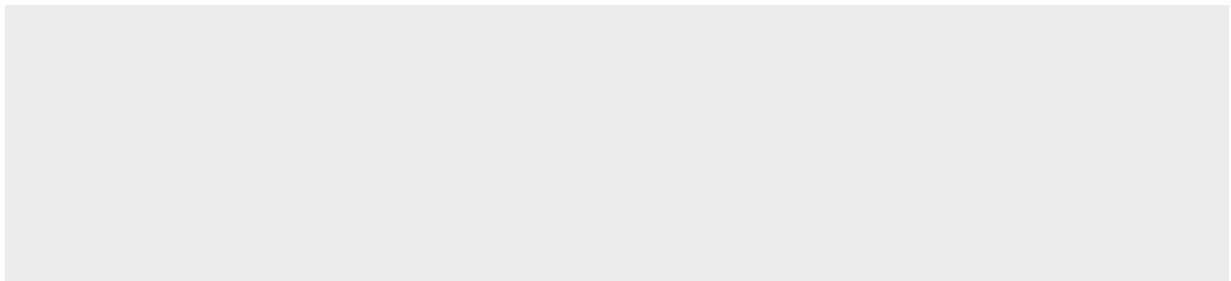
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**STEP 5: ALTERNATIVE THOUGHTS**

What are some alternative—ideally, more realistic—ways of interpreting what happened?

**STEP 6: RE-RATE EMOTIONS**

How intense are my emotions now?



WEEK 8: DAY 6

DATE:

MORNING GRATITUDE JOURNAL

What am I happy about in my life right now?

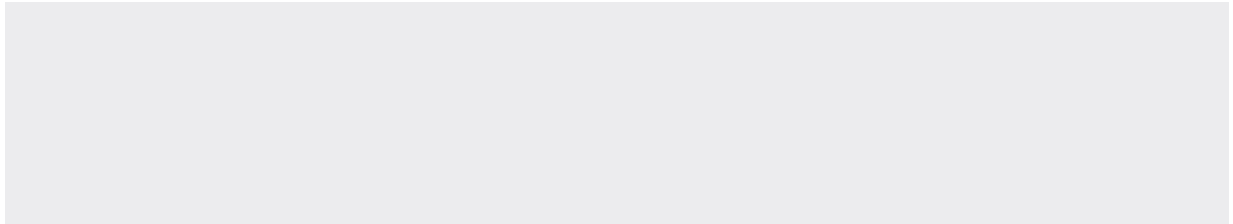
What am I excited about in my life right now?

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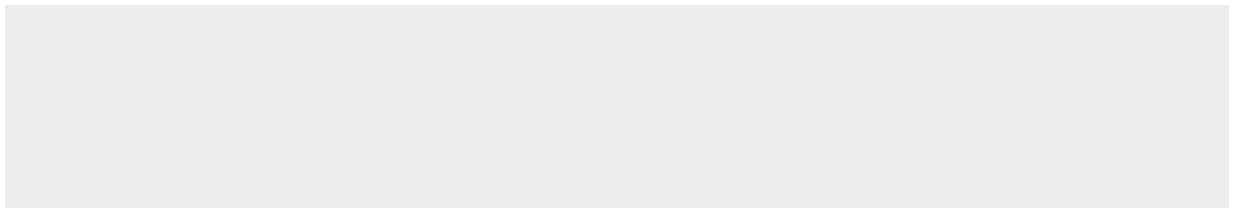
What am I committed to in my life right now?

NIGHT-TIME GRATITUDE JOURNAL

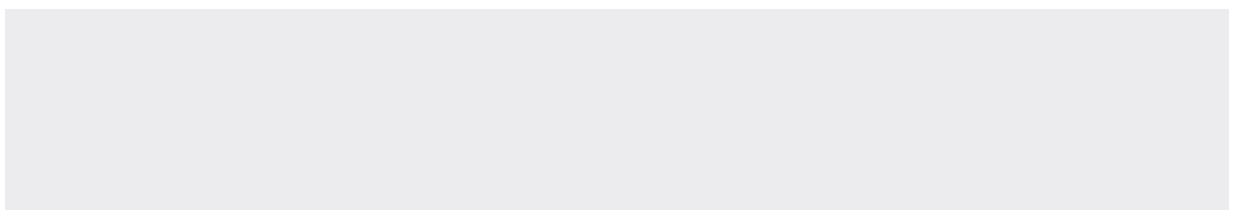
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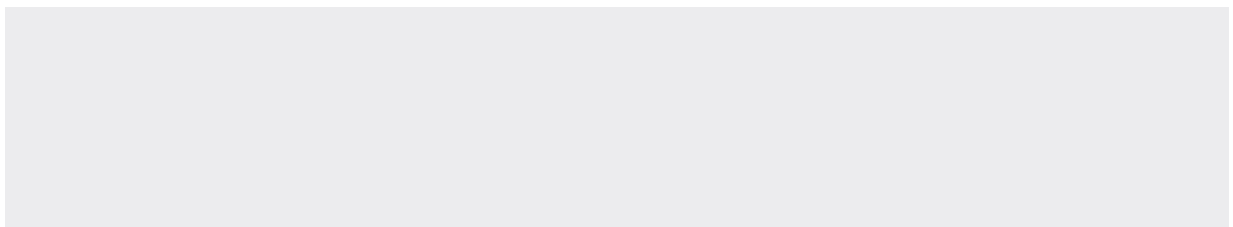
What positive things did I choose to do for myself today that made me feel good?



What small thing did someone do for me today that made my day just a little bit better?



What small things did I do for someone today that made their day just a little bit better?



THE THOUGHT RECORD



STEP1: PAUSE

What happened here?

STEP2: TRIGGER

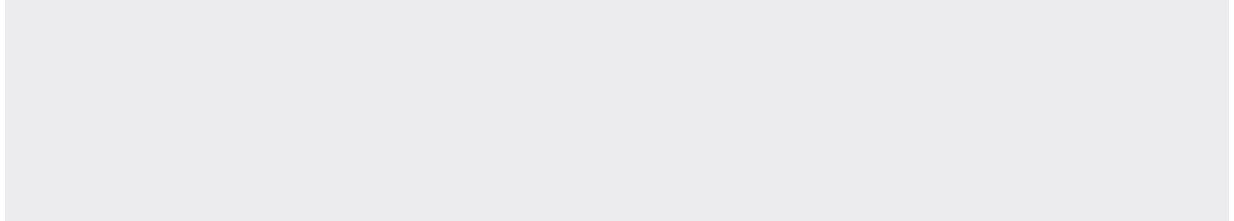
Who, What, When, Where, Why?

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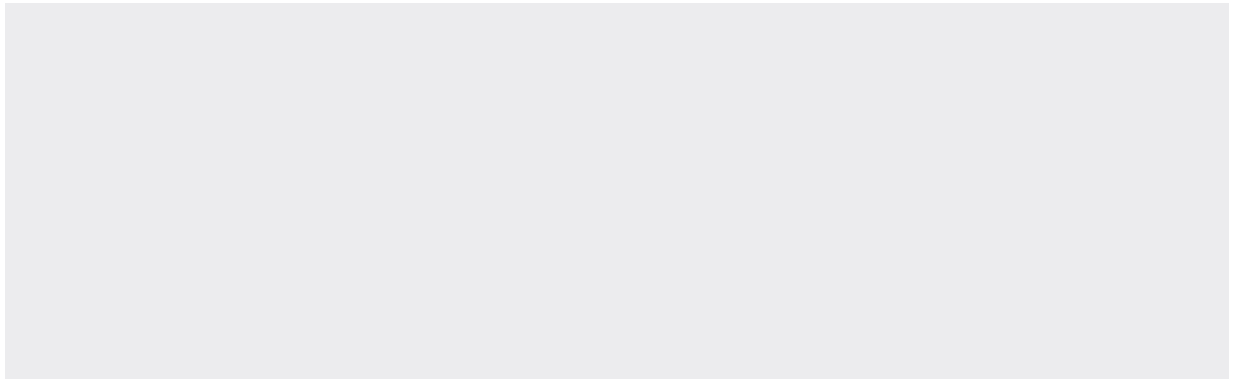
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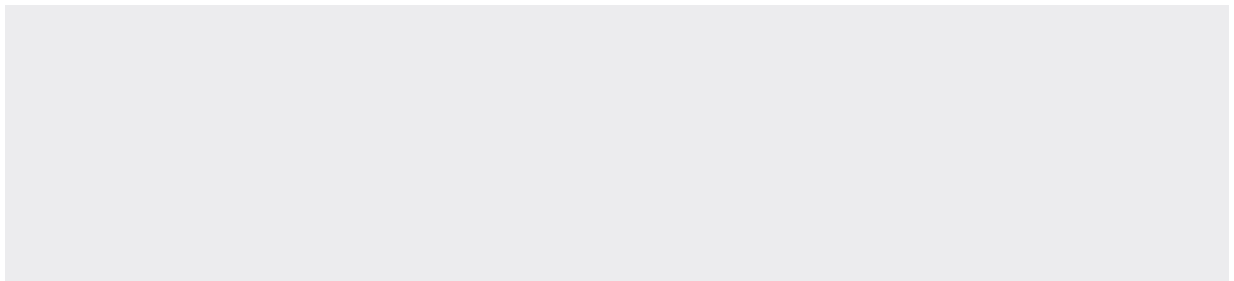
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**STEP 5: ALTERNATIVE THOUGHTS**

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**STEP 6: RE-RATE EMOTIONS**

How intense are my emotions now?



WEEK 8: DAY 7

DATE:

MORNING GRATITUDE JOURNAL

What am I happy about in my life right now?

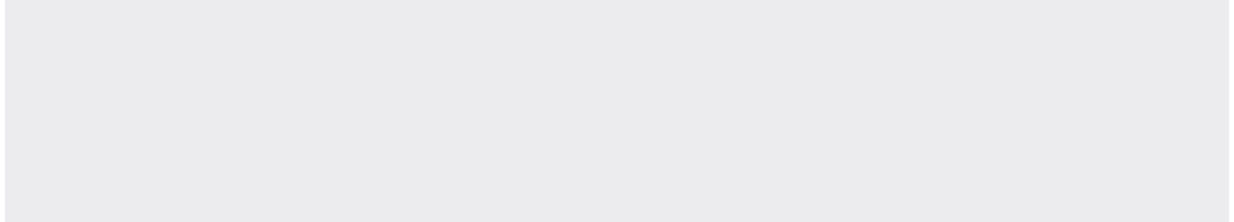
What am I excited about in my life right now?

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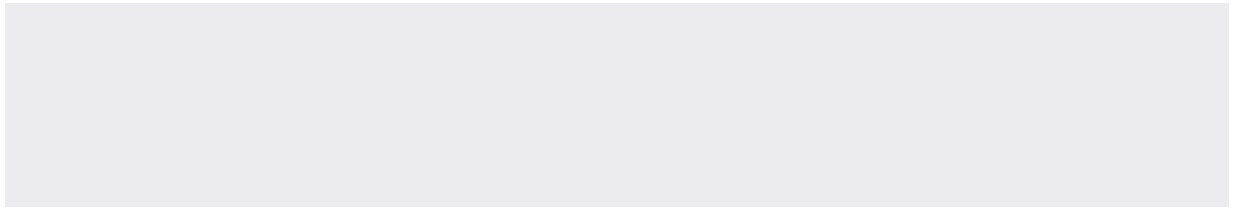
What am I committed to in my life right now?

NIGHT-TIME GRATITUDE JOURNAL

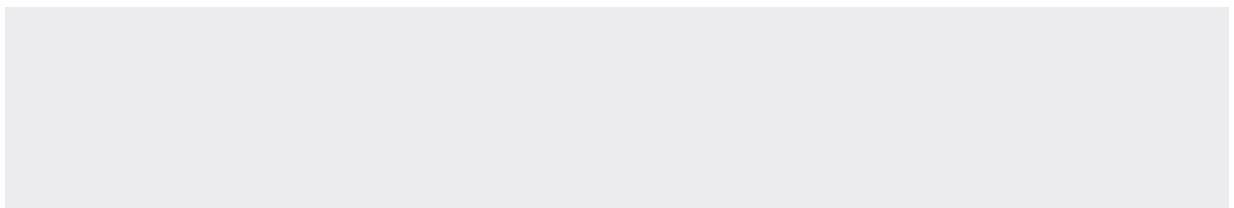
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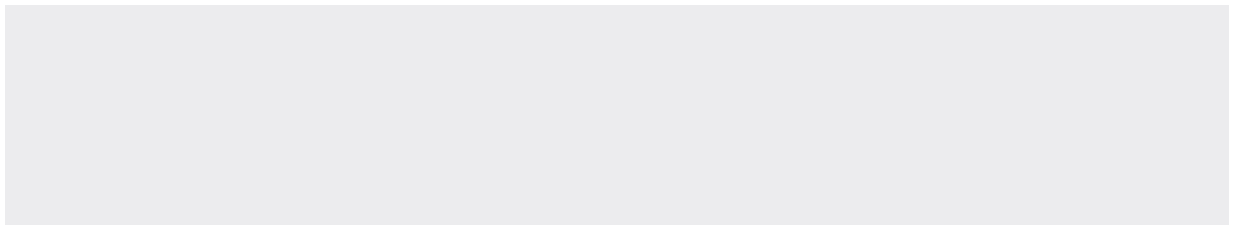
What positive things did I choose to do for myself today that made me feel good?



What small thing did someone do for me today that made my day just a little bit better?



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THE THOUGHT RECORD



STEP1: PAUSE

What happened here?

STEP2: TRIGGER

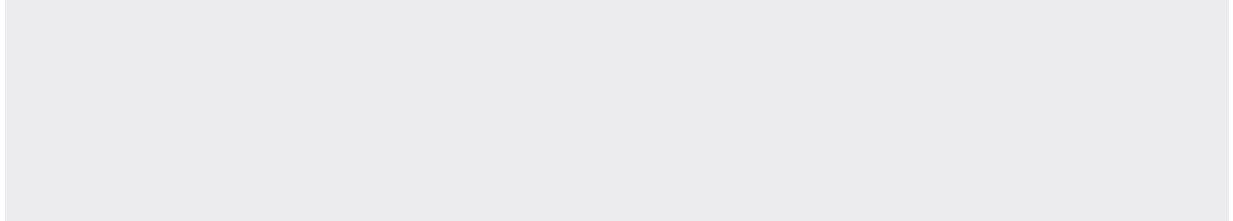
Who, What, When, Where, Why?

STEP 3: THOUGHTS

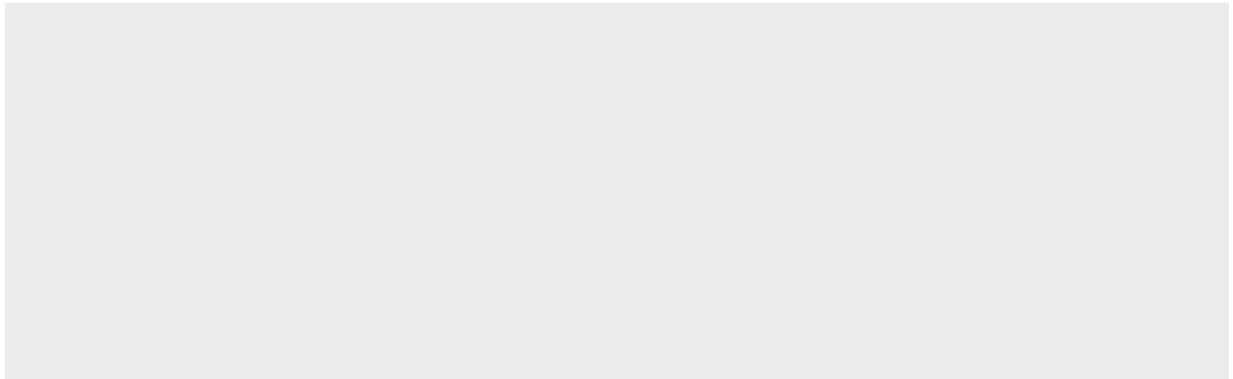
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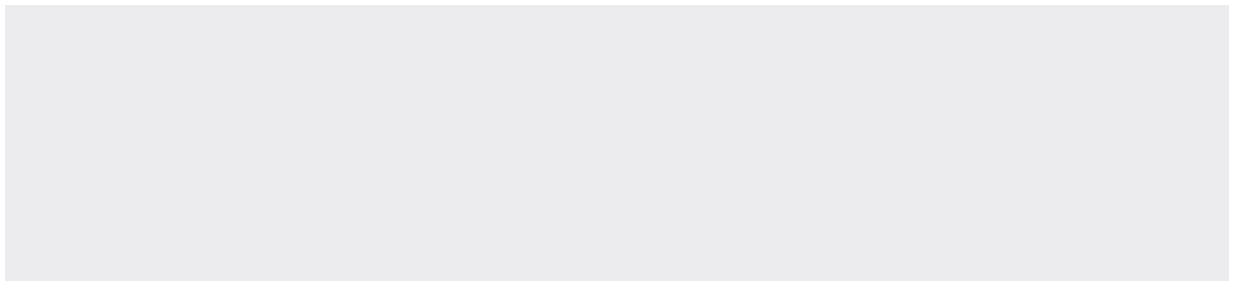
What emotions am I feeling right now? On a scale from 1 to 10, how intense are they?

**STEP 5: ALTERNATIVE THOUGHTS**

What are some alternative—ideally, more realistic—ways of interpreting what happened?

**STEP 6: RE-RATE EMOTIONS**

How intense are my emotions now?





Stage 5



Stage 5 is about letting go of the course. I've included some more sleep window/sleep scheduling diaries at the back if you are not quite ready yet, but if you are....

Go to bed when you are sleepy

Get up at the same time every day

And, if you sleep poorly, change nothing, do nothing, and sleep will right itself.

The most intense conflicts, if overcome, leave behind a sense of security and calm which is not easily disturbed, or else a brokenness that can hardly be healed. Conversely, it is just these intense conflicts and their conflagration which are needed in order to produce valuable and lasting results.

- Carl Jung

There is one final thing to do however which is.....

CHALLENGE YOURSELF!



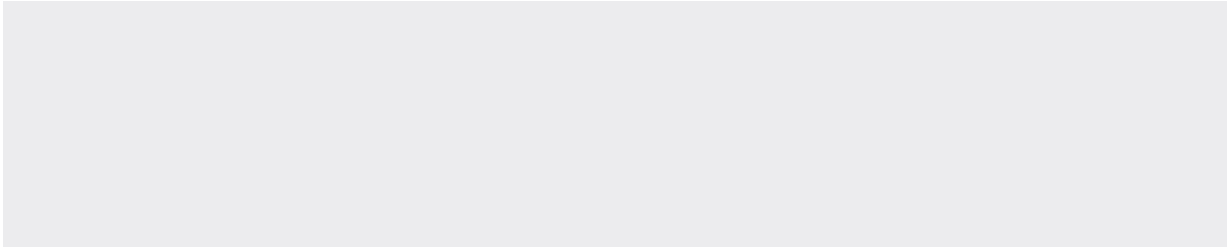
What is the challenge that will help me draw a line under insomnia?

What pain do I associate with doing it?

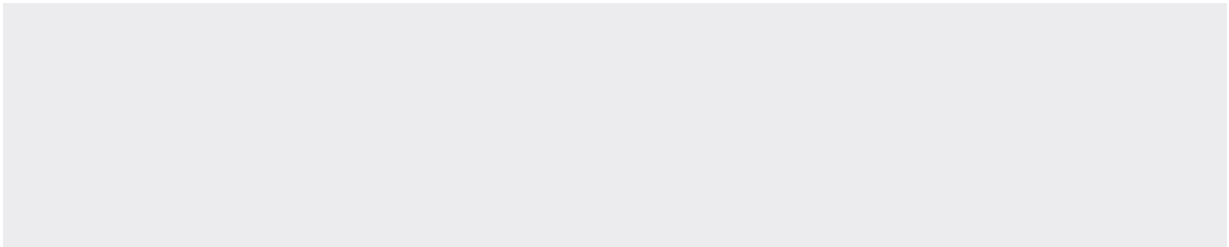
What will it cost me over the long term if I don't do it?

What pleasure will I gain over the short and long term if I do this challenge?

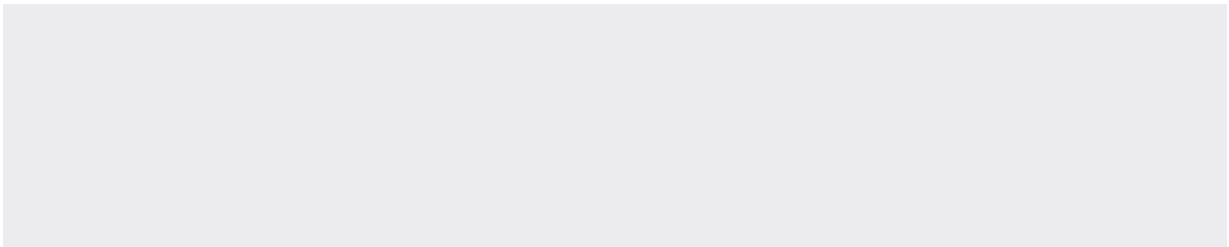
How will it make me think and feel differently?



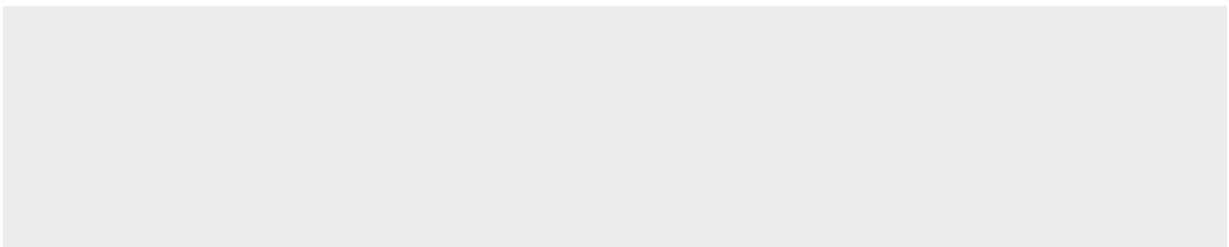
How will it benefit my confidence?



What will it mean to those people around me who I care about?



What will it prove to me?



SLEEP WINDOWS



Week	Went to bed at:	No. of times stimulus control?	Got out of bed?	Sleep Duration?	Subjective sleep score (out of 10)
Night 1					
Night 2					
Night 3					
Night 4					
Night 5					
Night 6					
Night 7					
Total Sleep duration					

Average sleep duration for the week =

Week	Went to bed at:	No. of times stimulus control?	Got out of bed?	Sleep Duration?	Subjective sleep score (out of 10)
Night 1					
Night 2					
Night 3					
Night 4					
Night 5					
Night 6					
Night 7					
Total Sleep duration					

Average sleep duration for the week =

SLEEP SCHEDULING



Week number	Last night I went to bed at:	I got up at:	I was in bed for X minutes	It took me X minutes to fall asleep	I woke X number of times	During the night I was awake for X minutes	I estimate that I slept for Y minutes	Comments	Subjective sleep score
Night 1									
Night 2									
Night 3									
Night 4									
Night 5									
Night 6									
Night 7									
Average in minutes			A =				B =		
Average in hours and minutes							C =		

Sleep efficiency = **B / A** X 100 =

Week number	Last night I went to bed at:	I got up at:	I was in bed for X minutes	It took me X minutes to fall asleep	I woke X number of times	During the night I was awake for X minutes	I estimate that I slept for Y minutes	Comments	Subjective sleep score
Night 1									
Night 2									
Night 3									
Night 4									
Night 5									
Night 6									
Night 7									
Average in minutes			A =				B =		
Average in hours and minutes							C =		

Sleep efficiency = $\mathbf{B} / \mathbf{A} \times 100 =$