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| **Time and date** | **What happened?** | **What happened just before?** | **Sensations** | **Result** |
| *3:30 pm Tuesday* | *I shouted at my mother and hung up the phone on her.* | *My mother called and reminded me not to forget my sister’s birthday. I felt like she thinks I’m stupid and has no respect for me.* | *EG. Heat in my chest, tightening in my belly. Hands tingling. Heart beating faster.*  | *I felt terrible for the rest of the day, and now I’m dreading seeing my mother on Sunday.* |
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