

SYMPTOM RECOGNITION LOG

A helpful strategy is to create your own Daily Symptom Recognition Log. Each day, you should fill out the symptom log. Tracking the times and ways that you experience your symptoms will help you to better understand them, and that understanding can lead to better symptom management. Taking note of how you felt when you went through each symptom will help you to make a plan for how you are going to react next time you experience this.

Bring this log with you to the next meeting of our group!

Answer the following questions:

1. WHAT SYMPTOMS DID I EXPERIENCE TODAY?

(list the name of the symptom if you know what it is called, describe the symptom if you don't know what to call it)

2. I EXPERIENCED THESE SYMPTOMS WHEN I WAS

(list where you were/what you were doing)

3. I HAVE FELT THIS SYMPTOM BEFORE WHEN I WAS...

4. MY REACTION TO FEELING THIS SYMPTOM WAS...

5. THE WAY I REACTED MADE ME FEEL...

6. NEXT TIME WHEN I EXPERIENCE THIS SYMPTOM, I WANT TO...
