

Constructing a RI Example: A Worksheet

1. Report a single *situation or event* that occurred — an everyday event when you began to work yourself up. Focus on a brief description of what happened: specifically, what triggered temper and symptoms?

2. Report the *symptoms* you experienced — both physical and mental.
(For instance, *angry and fearful thoughts, confusion, palpitations, disturbing impulses, tightness in your chest, lowered feelings, sweaty palms, and so on.*)

3. Report your *spotting* of fearful and/or angry temper, the RI tools you used to help yourself, and your self-endorsement for your effort.

4. Begin with "*Before I had my Recovery training*" and describe the temperamental reaction and symptoms you would have experienced before you began practicing the RI Method. What would have happened then versus what happened now? (This will help you to note the progress you have made.)