

WRITE IT DOWN & MOVE ON

WHAT AND HOW MUCH DID I BUFFER THAT WASN'T PLANNED?

WHAT WAS THE CIRCUMSTANCE THAT TRIGGERED IT?

WHAT WAS THE THOUGHT THAT CAUSED THE DESIRE OR URGE?

DID I TRY TO RESIST OR DID I JUST REACT?

DID I TRY TO ALLOW THE URGE? WHAT WORKED AND WHAT DIDN'T?

WHAT DID I LEARN?

WHAT WILL I DO NEXT TIME?
