

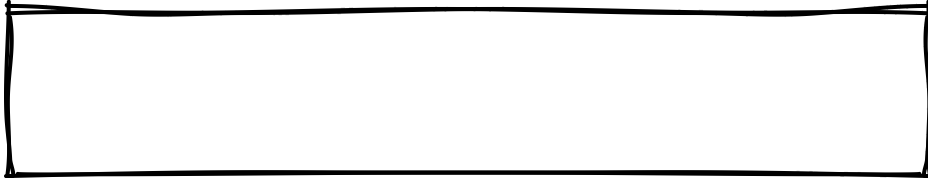
Snapping Journal

When was the last time you snapped?

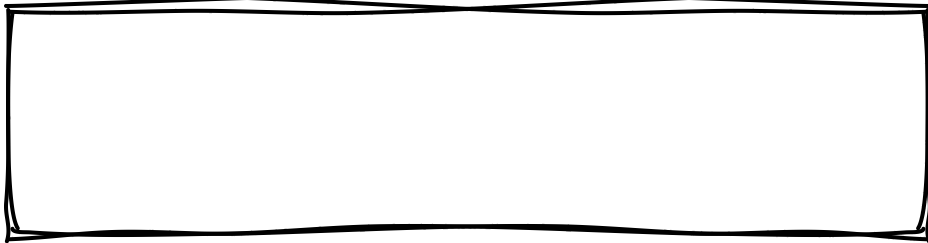
Date

Time

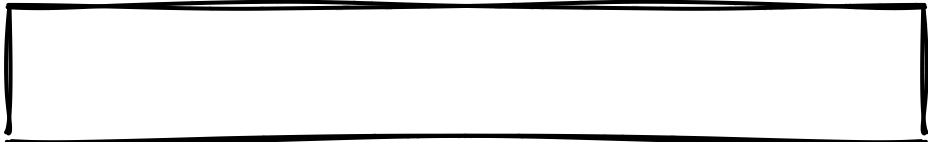
How did you feel?



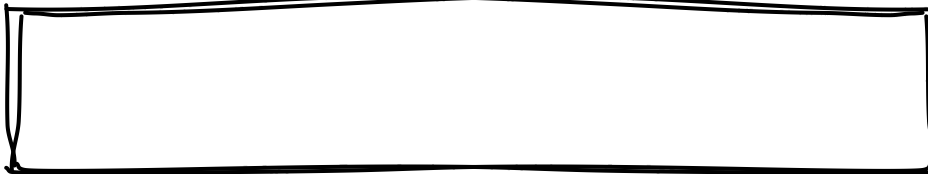
What was happening at the time?



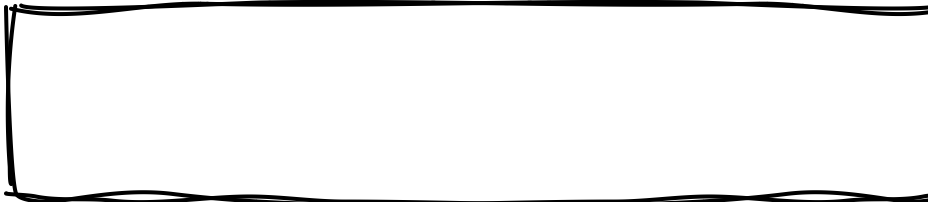
What was the trigger?



What was the underlying reason?



What are you going to do now?



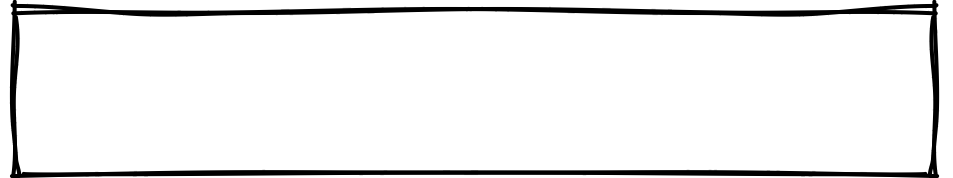
Snapping Journal

When was the last time you snapped?

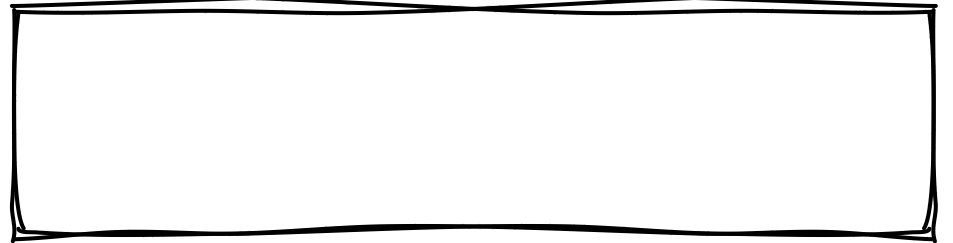
Date

Time

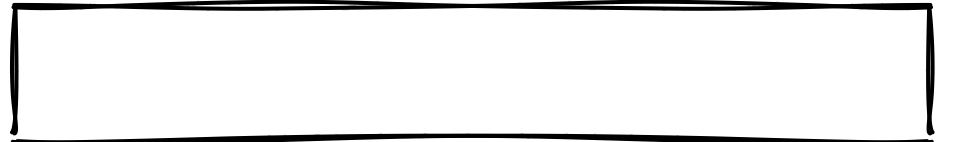
How did you feel?



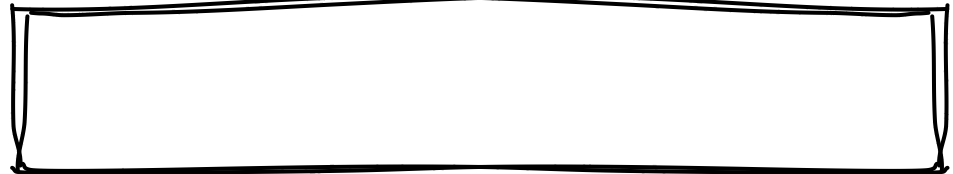
What was happening at the time?



What was the trigger?



What was the underlying reason?



What are you going to do now?

