

JOURNAL - the following questions are listing in a logical flow of thought, easily remembered by the acronym "S.M.A.R.T.": 7/20/2011

Date & Time		Record date & time of each occurrence
S		Describe the SITUATION - what was going on, what prompted the 'upset'?
1		
2		
3		
4		
5		
6		
M		What did you think about what happened? What were the prominent thoughts going on in your MIND ?
1		
2		
3		
4		
5		
6		
A		What did you do in response to what was going on? Describe your ACTIONS .
1		
2		
3		
4		
5		
6		
R		What was the RESULT of what you thought and did?
1		
2		
3		
4		
5		
6		
T		Did you get what you wanted (i.e. what TROPHY did you get?) And did GOD get what HE wanted from this situation?
1		
2		
3		
4		
5		
6		

