

Increasing awareness of backdraft in daily life

Did backdraft emerge for you this week? If so, please gently note how you treated yourself during the experience.

➤ The event that triggered backdraft was: _____

The difficult emotion(s) that emerged were: _____

How did I treat myself when the difficult feelings emerged? (Consider any words you said to yourself, the tone of voice you used, any behaviors you did in response to the feelings.)

➤ The event that triggered backdraft was: _____

The difficult emotion(s) that emerged were: _____

How did I treat myself when the difficult feelings emerged? (Consider any words you said to yourself, the tone of voice you used, any behaviors you did in response to the feelings.)
