

<b>Journaling Behaviors:</b> Every time you catch yourself responding in a way that displays your established sin patterns (i.e. anger, fear, jealousy, criticism, lust) complete one column in the chart below. Use the reverse side or a separate sheet of paper for additional incidents. Bring this with you to your next session.				
	Incident #1	Incident #2	Incident #3	Incident #4
Day and time				
Where were you & who were you with?				
What were you doing? What was happening? What was the “trigger”?				
What were you thinking about? What were you wanting?				
What did you do, think or say in response to what was happening?				
What would have been a God-honoring response?				

Figure 6.1. An example of a journaling homework assignment