Form 1
MASKING BEHAVIORS JOURNAL

Day	Date	Write a Brief Description of Your Confrontation	Name the Emotional Pain You Felt	Write Down Your Reaction ***(your reaction is your masking behavior)***
Examples				
Thurs	*2/25*	*My husband told me not to be late again.*	*I felt judged, angry, and insulted.*	*I became enraged and lashed out at him.*
Sat	*2/27*	*My girlfriend told me my clothes were not good enough for the restaurant we were going to.*	*I felt shamed and embarrassed, as if I'd failed.*	*I became silent and withdrew.*