Journal of Upsets

For each instance record:

-	Day / Time
-	Circumstances / context
-	What happened?
-	What did you <i>think</i> about what happened?
-	What did you <i>say</i> or <i>do</i> in response to what happened?
-	What were you wanting at that moment? What did you think you had to have?
-	What does God say about what you did or said or were wanting?