**Tool 6.4: EQ SNAAP© LOG**

Complete this log as soon as possible after the event when you have experienced an incident in which you felt you were out of control

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| **Date and Time** | **Incident** (Describe briefly) | **Sense** (What did you physically feel?) | **Name** the emotion | **Assign** **Cause** (Trigger - what specifically caused the emotion?) | **Appreciate** (Accept and own your feeling/s.) | **Plan** (How to handle this feeling/situation in the future?) |
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