

STOIC SELF-MONITORING RECORD SHEET

Use this sheet to record your thoughts, actions, and feelings in challenging situations. As soon as you notice troubling emotions or desires arising (called “passions” in Stoicism), pause and take a step back from the initial “impression” (or thought) underlying them. Then ask yourself whether the thing you’re becoming upset about is actually under your control (“up to you”) or not. Also try to record your actions, their consequences, and whether they were actually beneficial or not.

Date/Time And briefly describe the situation.	Feelings (Passions) Include early-warning signs.	Thoughts (Impressions) Particularly those causing feelings.	Control Is this “up to you” or not?	Actions Were they beneficial?
1.				
2.				
3.				
4.				
5.				
6.				
7.				