

Pivot Behavioral Health
Suffering Log

Instructions: Suffering is all about how we respond to difficult experiences, such as painful or unpleasant physical sensations. Throughout your day, log any **painful or unpleasant sensations**. These may include pain itself or other sensations, such as ringing in your ears or gastrointestinal aches. When those sensations showed up, which of your actions led to **suffering** and which of your actions led to **vitality**.

Date: _____

Painful or Unpleasant Sensations	Vitality Actions i.e., enriched my life, or improved my health, wellbeing, or relationships in the long term	Suffering Actions i.e., restricted or worsened my life, drained my health and wellbeing, or hurt my relationships in the long term