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—**restricted or worsened my life, drained my health and wellbeing, or hurt my relationships in the long term—and which of your actions led to **vitality—**enriched my life, or improved my health, wellbeing, or relationships in the long term.

Date: _____

Painful or Unpleasant Sensations	**Vitality Actions**	**Suffering Actions**