**PRISON GUARD LOG FORM –** [**WWW.DRVALERIE.COM**](http://WWW.DRVALERIE.COM)

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| **Date** | **Describe the triggering event.** | **Describe how the prison guards showed up. What thoughts or stories did they tell?** | **Describe how the block felt in your body. Cravings? Anxiety?**  **Depressed energy?** | **Describe how the prison guards affected your actions.**  **Log any distractions,**  **addictive behaviors, etc.** |
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