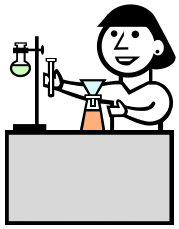
Become the Scientist



Complete this form during your work day, at least once every hour:

Time	**Yuck to Yes! Scale***	**Emotion**	**Sensations in my body**	**What was happening**	**My thoughts**
9:00am	*-8*	*Nervous*	*Twisting and churning in my stomach.*	*Colleague was going into my boss' office.*	*She is talking about me to my boss.*

*** Yuck toYes! Scale:**

Yuck Neutral Yes!

-10 -9 -8 -7 -6 -5 -4 -3 -2 -1 0 +1 +2 +3 +4 +5 +6 +7 +8 +9 +10

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