

Frustration Tracker

centeredwithscott.com

Intensity Scale			
1-2 Low	3-5 Mild	6-7 Moderate	8-10 High

Download and use privately on your own device. No entries are collected by this website.

Entry 1 Date: _____	
Trigger / Situation	
Intensity (1-10)	1 2 3 4 5 6 7 8 9 10
Reaction / Behavior	
Coping Strategy	
Notes	

Entry 2 Date: _____	
Trigger / Situation	
Intensity (1-10)	1 2 3 4 5 6 7 8 9 10
Reaction / Behavior	
Coping Strategy	
Notes	

Entry 3 Date: _____	
Trigger / Situation	
Intensity (1-10)	1 2 3 4 5 6 7 8 9 10
Reaction / Behavior	
Coping Strategy	
Notes	

Entry 4 Date: _____

Trigger / Situation	
Intensity (1-10)	1 2 3 4 5 6 7 8 9 10
Reaction / Behavior	
Coping Strategy	
Notes	

Entry 5 Date: _____

Trigger / Situation	
Intensity (1-10)	1 2 3 4 5 6 7 8 9 10
Reaction / Behavior	
Coping Strategy	
Notes	

Entry 6 Date: _____	
Trigger / Situation	
Intensity (1-10)	1 2 3 4 5 6 7 8 9 10
Reaction / Behavior	
Coping Strategy	
Notes	

Entry 7 Date: _____	
Trigger / Situation	
Intensity (1-10)	1 2 3 4 5 6 7 8 9 10
Reaction / Behavior	
Coping Strategy	
Notes	

Entry 8 Date: _____	
Trigger / Situation	
Intensity (1-10)	1 2 3 4 5 6 7 8 9 10
Reaction / Behavior	
Coping Strategy	
Notes	

Entry 9 Date: _____	
Trigger / Situation	
Intensity (1-10)	1 2 3 4 5 6 7 8 9 10
Reaction / Behavior	
Coping Strategy	

Notes	
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Entry 10 Date: _____

Trigger / Situation	
Intensity (1-10)	1 2 3 4 5 6 7 8 9 10
Reaction / Behavior	
Coping Strategy	
Notes	

Reflection

Most Common Trigger	
Progress I Noticed	