

SUDs Tracker

Use the diary to track your SUDs over the course of a full week.

This will help you to identify a) triggers and de-escalation strategies, b) fluctuations in your SUDs, c) any patterns that may have developed, and d) have an objective view on whether or not grief/trauma responses are desensitizing or maintaining over time.

Time of Day	Day/Date	SUDs Score	Details
MORNING	Monday		
	Tuesday		
	Wednesday		
	Thursday		
	Friday		
	Saturday		
	Sunday		
AFTERNOON	Monday		
	Tuesday		
	Wednesday		
	Thursday		
	Friday		
	Saturday		
	Sunday		
EVENING	Monday		
	Tuesday		
	Wednesday		
	Thursday		
	Friday		
	Saturday		
	Sunday		