

### Monitoring Sheet (example): Date

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| **Date/Time of day** | **Situation** | **Anxiety Level/Mood Level/Behaviour** | **Thoughts/Response to Behaviour** | **Seizure Activity** | **Comments** |
| *12/11* | *Getting ready to go out* | *High. Very stressed. Refusing to go out. Shouting and screaming.* | *Mum shouted that I was ungrateful and hysterical and we were going to be late again* | *Felt that there was a seizure brewing as there hadn’t been one for a few days but nothing noticeable* | *Eventually she went out. We were late and grumpy all the way.* |
| *12/11* | *Getting ready to go out* | *High. Very stressed. I didn’t want to go.* | *I can’t face this. Nobody will talk to me.* | *I haven’t had a seizure for a couple of days but feel very tired.* | *I did go but it was awful and mum and I didn’t speak all the way there. She doesn’t understand what it’s like for me.* |
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