Firefighter tracking log

Ongoing, 5 minutes per entry

Firefighters act fast, often before you notice what happened. Logging a few episodes shows you the pattern, and the part, sooner.

1 What I did

Numbing, bingeing, raging, escaping, scrolling, putting things off...

2 What happened just before

3 The feeling it was rushing to put out

4 Did it work? For how long?

5 What I would like to say to this firefighter next time it shows up

A NOTE

Firefighters are not the problem. They are answering pain that feels like an emergency, and they ease off as the hurt underneath is cared for, not when they are told to stop.