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|  | **Your Name =** |  | Date started this | Severity score |
| Number  | Name of **Past** Stressful Event | Severity Score range | Stress event with  | After protocol  |
| Of Priority | (no need to give details) | use chart eg 0-5 | Vagus Protocol  | today |
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| Number  | Name of **Current** Stressful Event  | Severity Score range | Date started this  | Severity score after protocol |
| Of Priority | (no need to give details) | use chart eg 0-5 | Stress event  | today |
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