

Outbreak Diary



Prodrome started: __/__/__

Symptoms healing: __/__/__

Symptoms appeared: __/__/__

Symptoms gone: __/__/__

THE PHYSICAL:

Prodrome symptoms: _____
(tingling, itching, nerve pain, can't sleep, paranoia, feeling flu-ish, etc.)

Type of outbreak: _____
(bump, blister, ulcer, cut, etc.)

Location of outbreak: _____

Same spot as last time? _____

Anything else I noticed: _____

THE TRIGGERS:

Have I eaten anything out of the ordinary lately? _____

Have I had sex/masturbated? _____

Am I stressed? What's up? _____

Other possibilities: _____

THE TREATMENT:

Medication/Vitamins: _____

Topicals: _____

Food: _____

Self care: _____
(Shower/bath, fav book/movie, talking to someone, saying no, music, wallowing in self despair, etc.)

Sleep: _____
(Get lots!)

THE ME:

How am I feeling about this? _____

One thing I love about myself: _____

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