

Relaxation Practice Sheet

- Practice your relaxation skills at least 3-5 times this week
- Practice your skills for 10 minutes
- Remember to rate how you feel *before* and *after* you practice your relaxation skill
- Remember you can also practice any time during the week when you feel tense.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
I felt: _____	I felt: _____	I felt: _____	I felt: _____	I felt: _____	I felt: _____	I felt: _____
I did: _____ _____	I did: _____ _____	I did: _____ _____	I did: _____ _____	I did: _____ _____	I did: _____ _____	I did: _____ _____
<i>Rating (0-10) before relaxation:</i>	<i>Rating (0-10) before relaxation:</i>	<i>Rating (0-10) before relaxation:</i>	<i>Rating (0-10) before relaxation:</i>	<i>Rating (0-10) before relaxation:</i>	<i>Rating (0-10) before relaxation:</i>	<i>Rating (0-10) before relaxation:</i>
<i>Rating (0-10) after relaxation:</i>	<i>Rating (0-10) after relaxation:</i>	<i>Rating (0-10) after relaxation:</i>	<i>Rating (0-10) after relaxation:</i>	<i>Rating (0-10) after relaxation:</i>	<i>Rating (0-10) after relaxation:</i>	<i>Rating (0-10) after relaxation:</i>