Relaxation Journal

Practice your relaxation at least two times at home and write down your experiences. Write down the day, the time, and then describe how you became relaxed.

* Time 1: ______________________________________________________
________________________________________________________________
________________________________________________________________
________________________________________________________________

* Time 2: ______________________________________________________
________________________________________________________________
________________________________________________________________
________________________________________________________________

Describe two experiences in which you became nervous, scared, or angry this week. Write down the situation and how your body felt, and then give the situation a rating using your rating scale (1-10).

- Situation #1 ___________________________________________________
  _______________________________________________________________
  My body’s reaction _____________________________________________
  _______________________________________________________________
  Rating: ________________________________

- Situation #2 ___________________________________________________
  _______________________________________________________________
  My body’s reaction _____________________________________________
  _______________________________________________________________
  Rating: ________________________________

Resource: Coping Cat. CBT+