

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: _____