

# 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: \_\_\_\_\_