

MONITORING YOUR RELAXATION LEVEL

It is important to practice relaxation to achieve the best results, as this is a new skill that you are learning. You can monitor your own progress by keeping a relaxation diary that records the when, where and how of your practice. This will help you to identify particular situations and / or times of the day when you are most tense. Use the scale to indicate your level of relaxation before and after you complete your relaxation.

The Most Relaxed 1 2 3 4 5 6 7 8 9 10 The Most Tense or Anxious

Comments & Reactions:

DATE & TIME	RELAXATION LEVEL BEFORE	RELAXATION LEVEL AFTER	COMMENTS & REACTIONS
			<i>What body parts relaxed easily? What sensations were you aware of in your body? Was your mind relaxed? What sorts of images were most relaxing for you?</i>