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 you 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 an	0	0 1 2 3 4 5 6 7 8 9 10 The most tense of							ense or anxious			
Date & Time			Co	mmer	nts / R	eactio	ns			laxation el before	Relaxation level after	Comments / Reactions:
												What parts of your body relaxed easily
												 What sensations were you aware of in your body?
												 Was your mind relaxed?
												What sorts of images were most relaxing for you?
										 		Constant
												Centre for linical ntervention