## 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 and		0	1	2	3	4	5	6	7	8	9	10 The most t	ense or anxious	
Date & Time				Co	mmer	nts / R	eactio	ns				Relaxation level 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?
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