



## UK Therapy Guide

Passionate about Therapy

Easily find qualified  
trusted Therapy &  
Counselling

Week Beginning: \_\_\_\_\_

• [support@uktherapyguide.com](mailto:support@uktherapyguide.com)

• [www.uktherapyguide.com](http://www.uktherapyguide.com)

• Tel: 08000248088

Date: \_\_\_\_\_

Time: \_\_\_\_\_



What type of drink did you consume?

\_\_\_\_\_

*Vodka*

Where were you? (Home, work, etc.)

\_\_\_\_\_

*I'm at home*

How much did you consume?

\_\_\_\_\_

*½ 1litre bottle*

What was your mood and state of mind at the time?

\_\_\_\_\_

*I felt angry and wanted to forget my day*

How drunk did you feel?  
1=A little or not at all  
10=Very drunk

\_\_\_\_\_

*8*

Please describe how you feel now?

\_\_\_\_\_

*I feel ashamed. I was angry at my partner and acted in a bad way.*

Did anything of interest or importance happen to you today?

\_\_\_\_\_

**EXAMPLE**

Date: \_\_\_\_\_

Time: \_\_\_\_\_



What type of drink did you consume?

\_\_\_\_\_

Where were you? (Home, work, etc.)

\_\_\_\_\_

How much did you consume?

\_\_\_\_\_

What was your mood and state of mind at the time?

\_\_\_\_\_

How drunk did you feel?  
1=A little or not at all  
10=Very drunk

\_\_\_\_\_

Please describe how you feel now?

\_\_\_\_\_

Did anything of interest or importance happen to you today?

\_\_\_\_\_

Date: \_\_\_\_\_

Time: \_\_\_\_\_



What type of drink did you consume?

\_\_\_\_\_

Where were you? (Home, work, etc.)

\_\_\_\_\_

How much did you consume?

\_\_\_\_\_

What was your mood and state of mind at the time?

\_\_\_\_\_

How drunk did you feel?  
1=A little or not at all  
10=Very drunk

\_\_\_\_\_

Please describe how you feel now?

\_\_\_\_\_

Did anything of interest or importance happen to you today?

\_\_\_\_\_

Date: \_\_\_\_\_

Time: \_\_\_\_\_



What type of drink did you consume?

\_\_\_\_\_

Where were you? (Home, work, etc.)

\_\_\_\_\_

How much did you consume?

\_\_\_\_\_

What was your mood and state of mind at the time?

\_\_\_\_\_

How drunk did you feel?  
1=A little or not at all  
10=Very drunk

\_\_\_\_\_

Please describe how you feel now?

\_\_\_\_\_

Did anything of interest or importance happen to you today?

\_\_\_\_\_

Date: \_\_\_\_\_

Time: \_\_\_\_\_



What type of drink did you consume?

\_\_\_\_\_

Where were you? (Home, work, etc.)

\_\_\_\_\_

How much did you consume?

\_\_\_\_\_

What was your mood and state of mind at the time?

\_\_\_\_\_

How drunk did you feel?  
1=A little or not at all  
10=Very drunk

\_\_\_\_\_

Please describe how you feel now?

\_\_\_\_\_

Did anything of interest or importance happen to you today?

\_\_\_\_\_

Date: \_\_\_\_\_

Time: \_\_\_\_\_



What type of drink did you consume?

\_\_\_\_\_

Where were you? (Home, work, etc.)

\_\_\_\_\_

How much did you consume?

\_\_\_\_\_

What was your mood and state of mind at the time?

\_\_\_\_\_

How drunk did you feel?  
1=A little or not at all  
10=Very drunk

\_\_\_\_\_

Please describe how you feel now?

\_\_\_\_\_

Did anything of interest or importance happen to you today?

\_\_\_\_\_

Date: \_\_\_\_\_

Time: \_\_\_\_\_



What type of drink did you consume?

\_\_\_\_\_

Where were you? (Home, work, etc.)

\_\_\_\_\_

How much did you consume?

\_\_\_\_\_

What was your mood and state of mind at the time?

\_\_\_\_\_

How drunk did you feel?  
1=A little or not at all  
10=Very drunk

\_\_\_\_\_

Please describe how you feel now?

\_\_\_\_\_

Did anything of interest or importance happen to you today?

\_\_\_\_\_



Date: \_\_\_\_\_

Time: \_\_\_\_\_



What type of drink did you consume?

\_\_\_\_\_

Where were you? (Home, work, etc.)

\_\_\_\_\_

How much did you consume?

\_\_\_\_\_

What was your mood and state of mind at the time?

\_\_\_\_\_

How drunk did you feel?  
1=A little or not at all  
10=Very drunk

\_\_\_\_\_

Please describe how you feel now?

\_\_\_\_\_

Did anything of interest or importance happen to you today?

\_\_\_\_\_