



UK Therapy Guide

Passionate about Therapy

Easily find qualified
trusted Therapy &
Counselling

Week Beginning: _____

• support@uktherapyguide.com

• www.uktherapyguide.com

• Tel: 08000248088

Date: _____

Time: _____



How do you feel?

I'm feeling lonely and down

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

I'm at home

EXAMPLE

How does your body feel?

My body feels tired

What is your current mood and state of mind?

I feel sad And hopeless

What is your feeling level between 1 and 10?
1=I feel really bad
10=I feel really good

3

What was your expression of feeling?

I cried for an hour

What action did you take to make Yourself feel better?

I went for a walk outsid

Please rate your feeling level again.
1=I feel really bad
10=I feel really good

6

Did anything of interest or Importance happen to you today?

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(Home, work, etc.)

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