



UK Therapy Guide

Passionate about Therapy

Easily find qualified
trusted Therapy &
Counselling

Week Beginning: _____

• support@uktherapyguide.com

• www.uktherapyguide.com

• Tel: 08000248088

Date: _____

Time: _____



What type of food and/or drink did you consume?

A cup of coffee and an apple.

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

I'm at home

How does your body feel?

I feel hungry, but I'm not sure I fancy anything more to eat.

What is your current mood and state of mind?

I feel low and worried about eating more.

What is your current hunger level between 1 and 10?
1=A little or not at all
10=Very hungry

2

How did you make yourself feel better?

I went for a walk in the park and read my favourite book to stop myself worrying about food.

Please state your current mood and state of mind now

5

Please rate your anxiety level again.
1=A little or not at all
10=Very anxious

EXAMPLE

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Time: _____



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How does your body feel?

What is your current mood and state of mind?

What is your current hunger level between 1 and 10?
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How did you make yourself feel better?

Please state your current mood and state of mind now

Please rate your anxiety level again.
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