

RECORD OF GENERAL TENSION

Rate yourself on this 10-point scale before and after you do your relaxation exercise.

- 1- totally relaxed no tension
- 2- very relaxed
- 3- moderately relaxed
- 4- fairly relaxed
- 5- slightly relaxed
- 6- slightly tense
- 7- fairly tense
- 8- moderately tense
- 9- very tense
- 10- extremely tense

Day	Before Session	After Session	Comments
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

Your increased awareness of your body's response to stressful events is an integral part of learning how to manage the stress in your life, as opposed to letting it manage you. This chapter will help you begin that process.