



UK Therapy Guide

uktherapyguide.com

Tel: 0330 111 5227

Week Beginning: _____

Date: _____ Time: _____

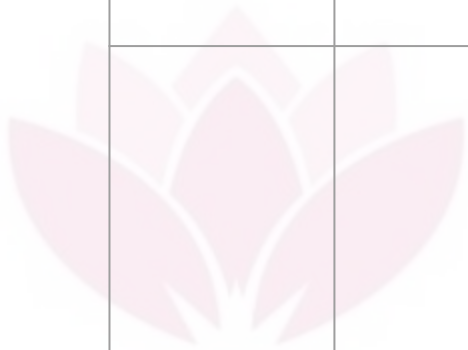
What type of drink did you consume?	Where were you? (Home, work, etc.)	How much did you consume?	What was your mood and state of mind at the time?	How drunk did you feel? 1= A little or not at all 10= Very drunk	Please describe how you feel now?	Did anything of interest or importance happen to you today?
<i>Vodka</i>	<i>I'm at home</i>	<i>½ litre bottle</i>	<i>I felt angry and wanted to forget my day</i>	<i>8</i>	<i>I feel ashamed. I was angry at my partner and acted in a bad way.</i>	

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EXAMPLE

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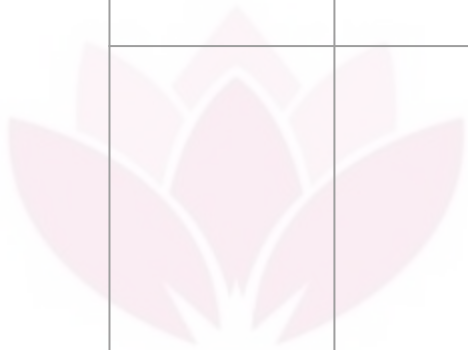
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