



UK Therapy Guide

Passionate about Therapy

Easily finding trusted
Therapy & Counselling
that's right for you

Week Beginning: _____

- support@uktherapyguide.com
- www.uktherapyguide.com
- Tel: 0330 111 5227

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

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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

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