



# UK Therapy Guide

[uktherapyguide.com](http://uktherapyguide.com)

Tel: 0330 111 5227

Week Beginning: \_\_\_\_\_

Date: \_\_\_\_\_ Time: \_\_\_\_\_

How do you feel?	Where are you? (Home, work, etc.)	How does your body feel?	What is your current mood and state of mind?	What is your feeling level between 1 and 10? 1= I feel really bad 10= I feel really good	What was your expression of feeling?	What action did you take to make yourself feel better?	Please rate your feeling level again. 1= I feel really bad 10= I feel really good	Did anything of interest or importance happen to you today?
<i>I'm feeling lonely and down</i>	<i>I'm at home</i>	<i>My body feels tired</i>	<i>I feel sad and hopeless</i>	3	<i>I cried for an hour</i>	<i>I went for a walk outside</i>	6	

EXAMPLE

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