



## UK Therapy Guide

Passionate about Therapy

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

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

- [support@uktherapyguide.com](mailto:support@uktherapyguide.com)
- [www.uktherapyguide.com](http://www.uktherapyguide.com)
- Tel: 0330 111 5227

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



How do you feel?

\_\_\_\_\_

*I'm feeling lonely and down*

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

\_\_\_\_\_

*I'm at home*

How does your body feel?

\_\_\_\_\_

*My body feels tired*

What is your current mood and state of mind?

\_\_\_\_\_

*I feel sad  
And hopeless*

What is your feeling level between 1 and 10?  
1= I feel really bad  
10= I feel really good

\_\_\_\_\_

*3*

What was your expression of feeling?

\_\_\_\_\_

*I cried for an hour*

What action did you take to make Yourself feel better?

\_\_\_\_\_

*I went for a walk outside*

Please rate your feeling level again.  
1= I feel really bad  
10= I feel really good

\_\_\_\_\_

*6*

Did anything of interest or importance happen to you today?

\_\_\_\_\_

EXAMPLE

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?

\_\_\_\_\_

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  
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What was your expression of feeling?

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What action did you take to make Yourself feel better?

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

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



How do you feel?

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

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How does your body feel?

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What is your current mood and state of mind?

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

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



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(Home, work, etc.)

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(Home, work, etc.)

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