



## 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: \_\_\_\_\_



What type of food and/or drink did you consume?

\_\_\_\_\_

*A cup of coffee and an apple.*

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

\_\_\_\_\_

*I'm at home*

How does your body feel?

\_\_\_\_\_

*I feel hungry, but I'm not sure I fancy anything more to eat.*

What is your current mood and state of mind?

\_\_\_\_\_

*I feel low and worried about eating more.*

What is your current hunger level between 1 and 10?  
1= A little or not at all  
10= Very hungry

\_\_\_\_\_

*2*

How did you make yourself feel better?

\_\_\_\_\_

*I went for a walk in the park and read my favourite book to stop myself worrying about food.*

Please state your current mood and state of mind now

\_\_\_\_\_

*5*

Please rate your anxiety level again.  
1= A little or not at all  
10= Very anxious

\_\_\_\_\_

**EXAMPLE**

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

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



What type of food and/or drink did you consume?

\_\_\_\_\_

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

\_\_\_\_\_

How does your body feel?

\_\_\_\_\_

What is your current mood and state of mind?

\_\_\_\_\_

What is your current hunger level between 1 and 10?  
1= A little or not at all  
10= Very hungry

\_\_\_\_\_

How did you make yourself feel better?

\_\_\_\_\_

Please state your current mood and state of mind now

\_\_\_\_\_

Please rate your anxiety level again.  
1= A little or not at all  
10= Very anxious

\_\_\_\_\_

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

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



What type of food and/or drink did you consume?

\_\_\_\_\_

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

\_\_\_\_\_

How does your body feel?

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What is your current mood and state of mind?

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What is your current hunger level between 1 and 10?  
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How did you make yourself feel better?

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Please state your current mood and state of mind now

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Please rate your anxiety level again.  
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Date: \_\_\_\_\_

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



What type of food and/or drink did you consume?

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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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How did you make yourself feel better?

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Please state your current mood and state of mind now

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

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



What type of food and/or drink did you consume?

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How does your body feel?

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



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



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