## Before Session

THIS WEEK I AM GRATEFUL FOR:	BROAD OVERVIEW OF THE WEEK:
0	
0	
0	
0	
0	
THIS WEEK I FELT	
99999	
999999	
AGENDA ITEMS FOR TODAY'S SESSIC	ON:
	REVIEW NOTES
COMPLETED HOMEWORK:	FROM LAST SESSION:

## During Session

DATE		
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OMEWORK:			
JIVILVVORK.			



HOW I WAS FEELING LEAVING TODAY'S SESSION:		
REFLECTIONS:		
POSSIBLE FUTURE AGENDA ITEMS:		
WHAT I WILL WORK ON THIS WEEK:		

## Between Sessions

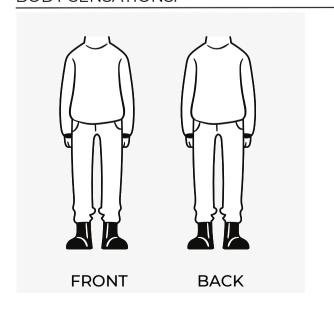
DATE

SYMPTOM, EMOTION, BEHAVIOR/URG	E SPECIFIC EXPERIENCE/STRESSOF
EMOTIONS AT THE TIME:	

INTENSITY:



**BODY SENSATIONS:** 



THOUGHTS:

**DURATION UNTIL RECOVERY:**