

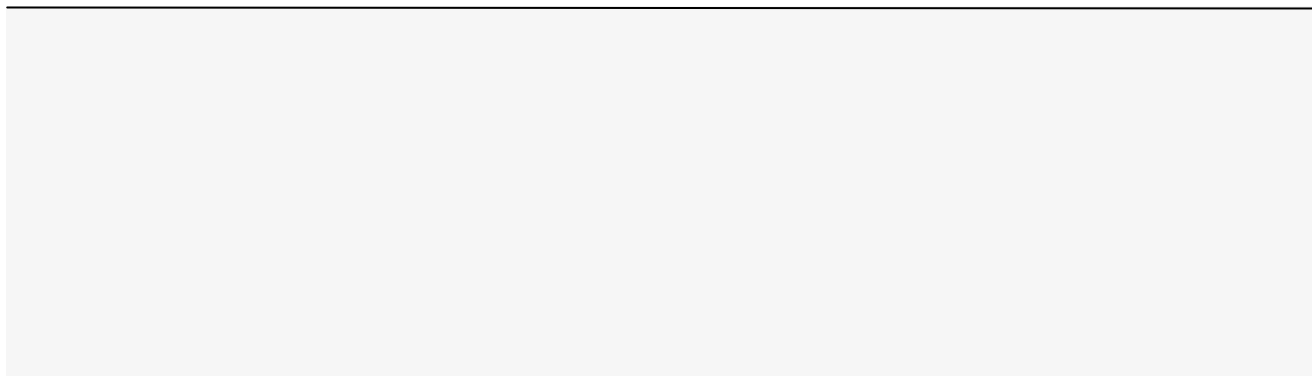
After Session

HOW I WAS FEELING LEAVING TODAY'S SESSION:

REFLECTIONS:

POSSIBLE FUTURE AGENDA ITEMS:

WHAT I WILL WORK ON THIS WEEK:



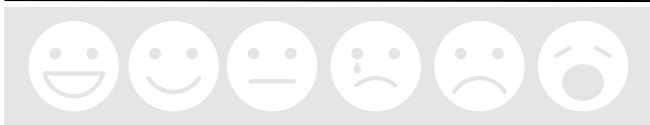
Between Sessions

DATE _____

SYMPTOM, EMOTION, BEHAVIOR/URGE

SPECIFIC EXPERIENCE/STRESSOR:

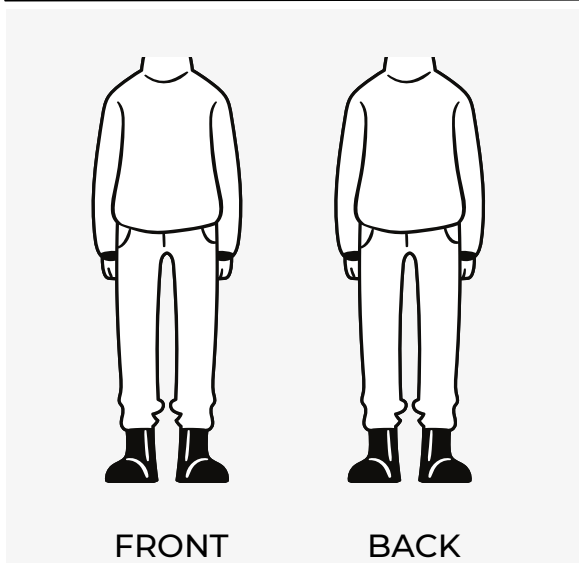
EMOTIONS AT THE TIME:



INTENSITY:



BODY SENSATIONS:



THOUGHTS:

DURATION UNTIL RECOVERY:
