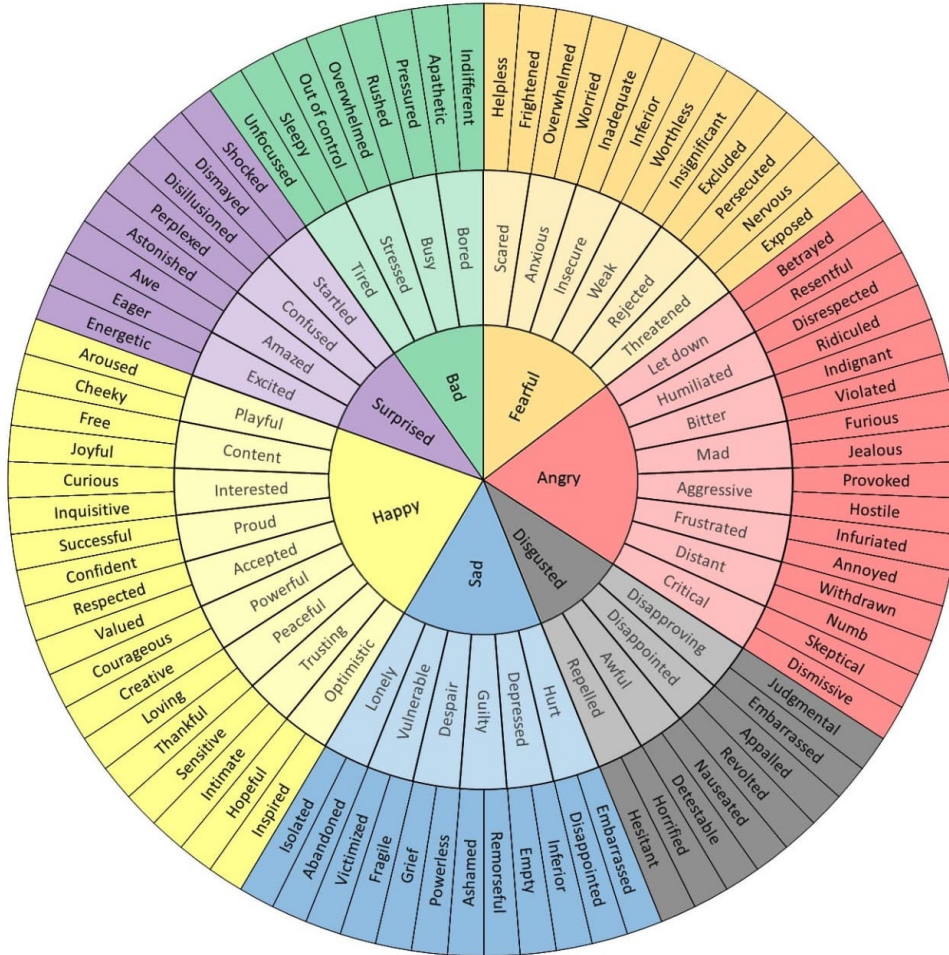


JOURNAL YOUR THOUGHTS

Your full name:

Phone number:

EMOTION WHEEL



EMOTIONAL-MENTAL STATE

For each of the session, indicate your **overall emotional-mental state** based on this scale:

