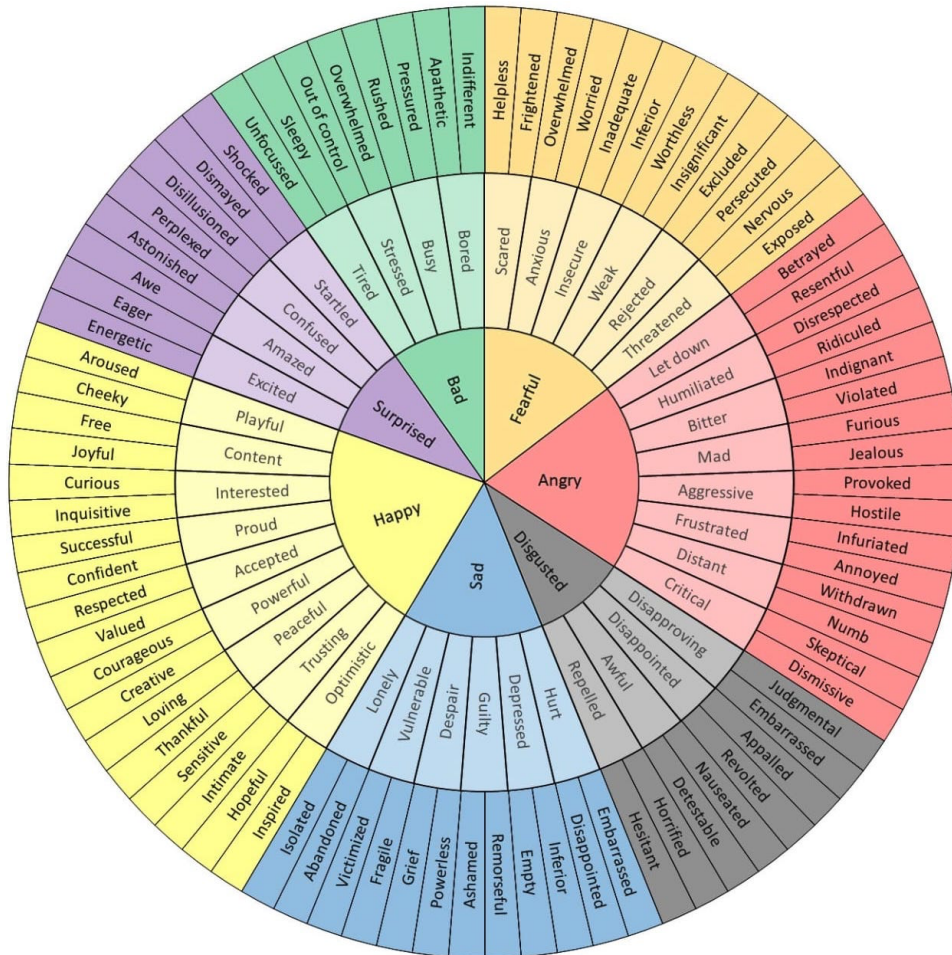


## JOURNAL YOUR THOUGHTS

Your full name:

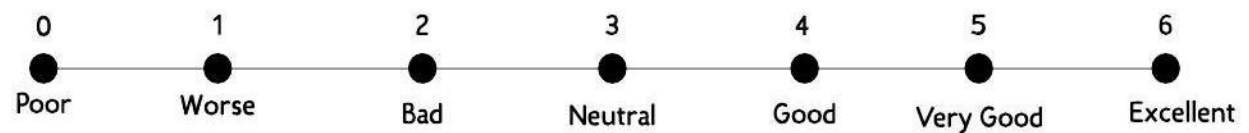
Phone number:

## EMOTION WHEEL



**EMOTIONAL-MENTAL STATE**

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



<b>Date</b>	<b>Before Session Emotion</b>	<b>Before Session State</b>	<b>After Session Emotion</b>	<b>After Session State</b>
26 <sup>th</sup> Sept				
28 <sup>th</sup> Sept				
3 <sup>rd</sup> Oct				
5 <sup>th</sup> Oct				
10 <sup>th</sup> Oct				
12 <sup>th</sup> Oct				
17 <sup>th</sup> Oct				
19 <sup>th</sup> Oct				
24 <sup>th</sup> Oct				
26 <sup>th</sup> Oct				
31 <sup>st</sup> Oct				
2 <sup>nd</sup> Nov				
7 <sup>th</sup> Nov				
9 <sup>th</sup> Nov				
14 <sup>th</sup> Nov				
16 <sup>th</sup> Nov				
21 <sup>st</sup> Nov				
23 <sup>rd</sup> Nov				
28 <sup>th</sup> Nov				
30 <sup>th</sup> Nov				
5 <sup>th</sup> Dec				
7 <sup>th</sup> Dec				
12 <sup>th</sup> Dec				
14 <sup>th</sup> Dec				
19 <sup>th</sup> Dec				
21 <sup>st</sup> Dec				