¿WHICH OF YOUR ISSUES DO YOU WANT TO FOCUS ON TODAY?

Name:					
Today's Date:	/	/	Page #	<u>A</u>	Session #
about how you are fe and mental state righ Symptoms : muscle ten	eeling, what you it now and why sion, tight breat ear thoughts Em	ur state of min you seek help. hing, and discor	d is, what you thind Make short a list of nfort, overweight. N	k or feel is y what is NOT Mental Symp	o 10: 10 being the most difficult. Tell me wour problem, and what's your emotional If working for you right now. Include: Physical otoms: over thinking, worries, self-criticisms, rself or others, anger, frustration, hurt, loss,
1.					
2.					
3.					
4.					
5.					
6.					
AFTER THE SESSION					
ITEM YOU PREVIOUS	<mark>SLY NOTED.</mark> Ma at type of positi	ike sure to list ve emotions yo	even the things you	ou think are ample: relie	TOF THE PREVIOUS SESSION FOR EACH irrelevant or unimportant. Include your ved, powerful, confident, trusting, happy,
1.					
2.					
3.					
4.					
5.					
6.					