

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

**Name:** \_\_\_\_\_

**Today's Date:** \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_      **Page #** A      **Session #** \_\_\_\_\_

**IN ONE BRIEF SENTENCE**, list your **PRESENT STATE**. Calibrate On a scale from 1 to 10: 10 being the most difficult. Tell me about **how you are feeling**, what your state of mind is, what you think or feel is your problem, and what's your emotional and mental state right now and **why you seek help**. **Make short a list of what is NOT working** for you right now. Include: **Physical Symptoms:** muscle tension, tight breathing, and discomfort, overweight. **Mental Symptoms:** over thinking, worries, self-criticisms, negative projections, fear thoughts **Emotional Symptoms:** negative feelings about yourself or others, anger, frustration, hurt, loss, sadness, anxiety, fear, etc.)

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6.

AFTER THE SESSION

**LIST ALL THE POSITIVE CHANGES YOU PERCEIVED HAVE HAPPENED AS A RESULT OF THE PREVIOUS SESSION FOR EACH ITEM YOU PREVIOUSLY NOTED.** Make sure to list even the things you think are irrelevant or unimportant. Include your state of mind and what type of positive emotions you experienced (example: relieved, powerful, confident, trusting, happy, etc.) Calibrate On a scale from 1 to 10: 10 being the most transformative.

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