

## Monitoring Relaxation

It is important to practice relaxation to achieve the best results, as this is a new skill that you are learning. You can monitor your own progress by keeping a relaxation diary that records the when, where and how of your practice. This will help you to identify particular situations and / or times of the day when you are most tense. Use the scale to indicate your level of relaxation before and after you complete your relaxation.

**The most relaxed**

**The most tense or anxious**

0..... 1..... 2..... 3..... 4..... 5..... 6..... 7..... 8..... 9..... 10

Date and Time	Comments and Reactions	Relaxation Before	Relaxation After

**Comments / Reactions:**

- What parts of your body relaxed easily?
- What sensations were you aware of in your body?
- Was your mind relaxed?
- What sorts of images were most relaxing for you?