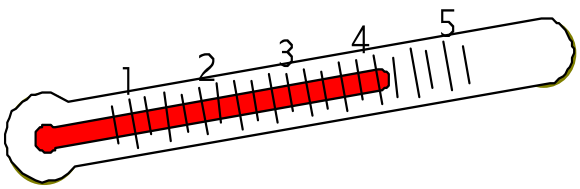

1= Not at all tense
2= Slightly tense
3= Moderately tense
4 = Really tense
5= Terribly tense

Home Practice: RELAXATION DIARY: TENSION EVALUATION

DATE	TENSION	COMMENTS (why I felt this way, etc.)
	Before relaxing: _____ After relaxing: _____	
	Before relaxing: _____ After relaxing: _____	
	Before relaxing: _____ After relaxing: _____	
	Before relaxing: _____ After relaxing: _____	
	Before relaxing: _____ After relaxing: _____	
	Before relaxing: _____ After relaxing: _____	
	Before relaxing: _____ After relaxing: _____	