Adapted from Gold, S. N. (2000). *Not Trauma Alone.* NY: Taylor & Francis. [Figure 4, p. 142]

PRACTICE RECORD SHEET

<u>Instructions</u>: Use the scale pictured below to show, from 0 (completely calm) to 10 (the most nervous you've ever felt) what you are experiencing. In the "before" column, write down a number from 0 to 10 showing what you are experiencing before you practice the exercise. Then do the exercise for several minutes, and write down in the "after" column where the number is when you're done.

**<---------->
0 1 2 3 4 5 6 7 8 9 10
Calm Anxious**

	AWAKENING (0-10)		DAYTIME (0-10)		BEDTIME (0-10)	
DAY/DATE	BEFORE	AFTER	BEFORE	AFTER	BEFORE	AFTER

NOTES:_____

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