

## Daily Record of Guided Visual Imagery

Use the scale below to indicate the degree of relaxation *before* and *after* practise. You may also like to include comments about your practise such as what special place you were imagining and how it made you feel, what sort of day you have had or perhaps why you missed practise.

Feeling very tense	0	1	2	3	4	5	6	7	8	9	10	Feeling very relaxed
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Day	Date / Time	Relaxation level before practise	Relaxation level after practise	Comments
	Practise 1:			
	Practise 2:			
	Practise 1:			
	Practise 2:			
	Practise 1:			
	Practise 2:			

	Practise 1:			
	Practise 2:			
	Practise 1:			
	Practise 2:			
	Practise 1:			
	Practise 2:			
	Practise 1:			
	Practise 2:			