

Daily Record of Mindfulness of Emotions

Use the scale below to indicate how you went with accepting emotions for what they are; pleasant, unpleasant or neutral. You may also like to include comments about your practise such as how able you were to accept all emotions, any thoughts or interpretations of your emotions, or perhaps why you missed a practise session.

Not mindful of emotions	0	1	2	3	4	5	6	7	8	9	10	Very mindful of emotions
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Day	Date / Time	Mindfulness level before practise	Mindfulness 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:			