

## Stress Awareness Diary

Date: \_\_\_\_\_

Day of Week: \_\_\_\_\_

Time	Stressful Event	Symptom

- 1 – Totally relaxed
- 2 – Very relaxed
- 3 – Moderately relaxed
- 4 – Fairly relaxed

- 5 – Slightly relaxed
- 6 – Slightly tense
- 7 – Fairly tense
- 8 – Moderately tense

- 9 – Very tense
- 10 – Extremely tense  
(most uncomfortable you can be)

Before Session	After Session	Comments