Appendix A.
Relaxation Diary
Relaxation Diary: Tension Evaluation

In-Class Practice Rating:

1. First, write the number that represents your current tension level.

   Before the relaxation exercise, I feel
   ___________ (rate your tension from 1 to 5)

2. Now, we will conduct a brief relaxation technique that will last about 5 minutes.

3. Finally, evaluate your tension level after you have practiced the relaxation technique.

   After the relaxation exercise, I feel
   ___________ (rate your tension from 1 to 5)