

## **Chapter 2 - Checklist**



**Please put an 'X' in the circle beside the comment that describes the area where you are having difficulty. Then describe your concern in the box below.**

- ☐ Relaxation exercises/meditation is too much work and takes too much time.  
Please describe:

- ☐ I am feeling more than just tension; I think I am really stressed out.  
Please describe:

- ☐ I am facing other difficulties.  
Please describe: