

Feel yourself gaining control over your body.



RELAXATION DIARY

- Please try to practice your relaxation skills by doing two long (e.g. 30 minutes) and four short (e.g. 5 minutes) relaxation sessions a day.
- For each relaxation session, assess how tense you feel before relaxing on a scale of 0-10, where 0 means that you feel completely relaxed and 10 means that you could not feel any more tense.
- Write the number that applies to your tension in the column marked **B** (**B**efore relaxation).
- Then, when you have finished relaxing, assess your tension level again, and write the number in the column marked **A** (**A**fter relaxation).
- Keep a note to yourself in the "Comments" column of how you felt the relaxation session went.

I felt the relaxation session went



Acknowledgement: Pain Management Unit, Royal National Hospital for Rheumatic Diseases, Bath, UK.

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[illegible]

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