

Your therapist will have asked you to complete this thought exercise three times each day:

Sit yourself in a quiet place, close your eyes, then call that frozen image of the old self to mind. Hold it there for a moment or two, noticing that it's absolutely frozen still and not moving, just as you did in your session, then imagine your new image pushing in front of it and somehow enveloping you so that you can feel it all the way out to your boundaries. If your boundary is just your body, that's fine, but if it sometimes seems to fill the room, that's fine too. Hold that in your mind for a count of 10, then do the same thing again, starting with the frozen image. It might be that you can only catch just the merest glimpse or feeling of the old image before the new one is there - and it's possible that the old image might disappear completely, and that's okay, too. In that case you would go from simply looking for the old image to the new one. Do the whole thing three or four times and finish each time with the new image all around you, and do that three times a day. The image fading afterwards is normal.

Enter the time and the score based on easiness with 1 difficult and 10 very easy.

	First			Second			Third	
	Time	Score		Time	Score		Time	Score
Day 1	08h30	7		16h00	8		18h30	7
Day 2	08h00	6		17h00	8			
Day 3	07h30	8					21h23	
Day 4	07h00	9					3am	7
Day 5	06h00	8						
Day 6	07h00	9		12h30	8		21h00	8
Day 7	06h00	8		13h00	8			

Overall assessment of how you feel about your 'ideal self'

Day 1	Vibrant, light, confident
Day 2	Self-assured, in control, balanced
Day 3	Success, joy, peace, love
Day 4	
Day 5	
Day 6	Radiant, joy, confident
Day 7	at peace, secure

Positive Mood Indicator

This page is just to give your therapist an idea of how positive you are able to be on a daily basis. The more you *believe* the success of the therapy and more *optimistic* you are about how your life will be afterwards, the higher will be your score. Again, it is important to be completely honest; for instance if you believe totally that therapy will be successful but you are not totally optimistic about your life afterwards, then this needs to show in the graphs that you are completing here. Even if every column is low, that's exactly what your therapist needs to know to help you get on track for success - and stay there!

Indicate your levels in each table by placing an 'X' to show your score of 1 (poor) - 5 (good) in the column for each day.

Table 1 - Belief

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
5	5	4	5	5	5	5	4
4							
3							
2							
1							

Table 2 - Optimism

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
5	4	4	4	5	5	5	4
4							
3							
2							
1							

Any comments: