

This page is designed to show the therapist how your general personality functions so that the therapy can be designed to be a perfect fit for you. Just tick the box that is most relevant to the way you feel in each of the following – please complete each day **honestly** (i.e. no exaggeration in either direction) between therapy sessions:

**My general mood each day when I think about therapy (1 very poor, 5 very good):**

		Morning						Afternoon				
		1	2	3	4	5		1	2	3	4	5
S	Day 1			✓							✓	
S	Day 2			✓							✓	
M	Day 3			✓							✓	
T	Day 4				✓						✓	
W	Day 5				✓							✓
T	Day 6				✓							✓
F	Day 7				✓							✓

**And when I think strongly of my Ideal Self, I feel:**

		Morning						Afternoon				
		1	2	3	4	5		1	2	3	4	5
S	Day 1				✓							✓
S	Day 2				✓							✓
M	Day 3				✓							✓
T	Day 4				✓							✓
W	Day 5					✓						✓
T	Day 6					✓						✓
F	Day 7					✓						✓

**Any comment(s) you might have:**