

### TENSION-RELEASE CYCLES - WORKSHEET

Remember to print out the Scale from 1-7 to rate your relaxation.

Please fill out the table below to keep track of your exercises. Each row is in correlation with the *Reflecting on your session* tab on the website.

Written in green is an example of how you can fill out the following table →

Date:	Muscle group accessed:	Feelings during tension	Feelings during release
06-15-2021	Group 1/7	My dominant Biceps feel really tight.	They feel weightless now.
	Group 3/7	My upper jaw is sore.	The soreness has been alleviated.
	Group 4/7	My throat feels strained.	It is now relaxed, I can talk and speak louder now.
	Group 6/7	The muscle in my right calf feels very weak.	There is more feeling in my calf, I can stand straight.


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