

Autogenic Training Worksheet

Use this worksheet to fill out after each time you practice autogenic training or have a session.

The writing below in blue is an example of how to fill out this worksheet ➡

| Date | Formula Used | Did you experience the anticipated effects of the formula used? | Additional Comments |
|----------|------------------------|---|---|
| 06/29/21 | "my right arm is warm" | Yes, I felt warmth in my right arm | -Overall feeling of warmth and relaxation throughout practice -Slightly distracted |
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