Recall & Counting - WORKSHEET

Please fill out the following tables to record your practices.

Written in green is an example of how you can fill out each table ightarrow

Part 1 - Recall

Date:	Where have you pinpointed your tension?	What feelings have you recalled to relax?	Extra notes (note any RESIDUAL TENSION or other feelings of extreme tension/pain you have encountered):
06-18-2021	In my shoulders	Peacefulness	Tension still in my left shoulder, feels like a tight knot

Part 2 - Recall & Counting

Date:	List the count & associated interjected thought:	Thoughts/feelings felt	Any extra comments (note any RESIDUAL TENSION or other feelings of extreme tension/pain you have encountered):