

Autogenic Training Tips and Tricks 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	TIPS or TRICKS used.	What experience did you have while practicing?	Additional Comments
06/29/21	Wearing comfortable clothing for the AT session.	Yes, I felt more relaxed and comfortable in the training.	-wearing loose clothes is better for comfort.
