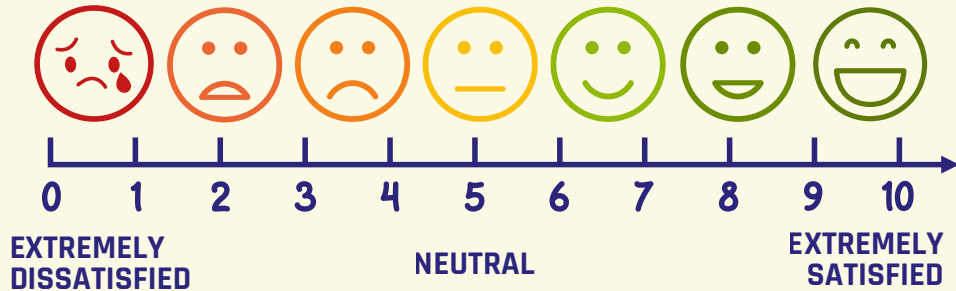


HABIT: _____

My level of satisfaction with this habit is:



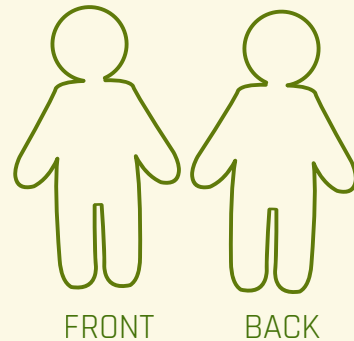
(2) FEEL&REVEAL (circle)

What I feel inside my body is ..

tight /loose dark /light
fast /slow /stuck heavy /light
other _____

And I feel it in my body here ..

(draw Xs on figures below)



Other _____

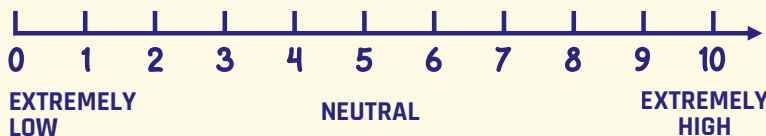
(3) NAME&CLAIM (circle)

When I think about this situation, I feel ..

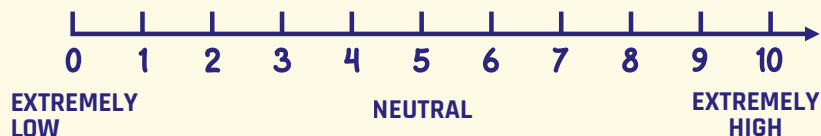
sad frustrated guilty
resigned ashamed helpless
hopeless other _____

(4) CHECK THE SCORE

My desire to change this habits is:



My motivation to change this habits is:



(5) YOUR NOTES