



**Heart in Mind
Psychological Services
ABN12 612 524 697**

**6/7 Days Road
GRANGE QLD 4051
p 3856 4488 f 3356 3184**

Here is a sheet for you to record your experience on. Please fill this out and bring it back with you so we can understand you better.

Situation: What was the situation that triggered your mood to change?

Mood: How did your mood change? What different feelings did you get? Which were the more severe ones?

Actions: What did you do or say?

Reactions: How did your body respond to this? What symptoms did you get?

Thoughts: What did you think at the time? Any memories, pictures or metaphors com to you at the time?

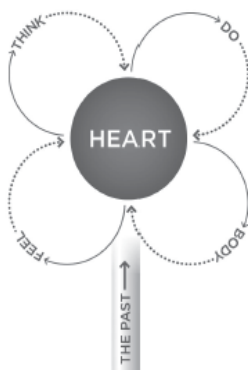


Figure 9. The 'Heart Flower'

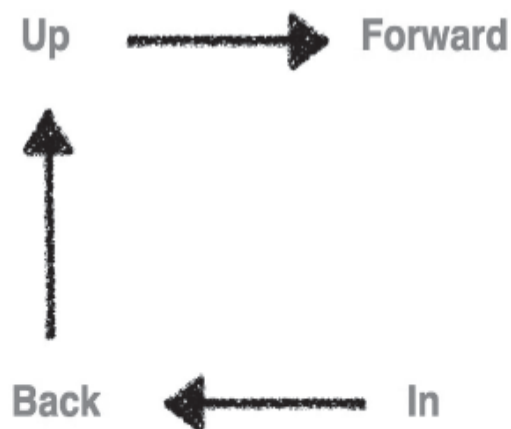


Figure 23. The four-step transformational process