

Diary 1

<b>Date/time</b>	<b>Emotions</b> <i>How I felt</i>	<b>Sensations</b> <i>How I felt in my body</i>	<b>Environment</b> <i>What was happening at the time</i>	<b>Thoughts or Images</b> <i>What was going through my mind</i>	<b>Behaviour</b> <i>What I did</i>

