



Complete PRIOR to commencing each session

Today I feel... (list as many emotions as relevant – refer to the 'List of Emotions' for suggestions)

- 1. strongly agree
- 2. agree
- 3. undecided
- 4. disagree
- 5. strongly disagree

Using the above scale, please rate the following statements. Simply place an * in the relevant box.

1 SA

2 A

3 UD

4 DA

5 SD

Observations (write additional comments here)

I feel happy.

I feel relaxed and peaceful.

I feel connected into the Universe or a powerful source greater than myself.

I feel energized.

Imagine your mind is like a bubble, how full is it now with thought, feelings, busy-ness and activities?
Provide a % of how full it is e.g. 100% is totally full.

GENERAL COMMENTS



Complete AFTER you have listened to the audio

Right now I feel... (list as many emotions as relevant – refer to the ‘List of Emotions’ for suggestions)

- 1. strongly agree
- 2. agree
- 3. undecided
- 4. disagree
- 5. strongly disagree

Using the above scale, please rate the following statements.

1 SA	2 A	3 UD	4 DA	5 SD	Observations
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I feel happy.

I feel relaxed and peaceful.

I feel connected into the Universe or a powerful source greater than myself.

I feel energized.

View your mind bubble, how full is it now with thoughts, feelings, busy-ness and activities? Provide a % of how full it is e.g. 100% is totally full.

GENERAL COMMENTS