



The Tension Reduction Progress Chart

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Introduction

You cannot receive love and give love when you are balled up in a knot of tension, worry and anxiety.

Loving and being loved is an act of freedom emerging when you are free of tension, worry and dread.

This module helps you begin the process of understanding tension and choosing what works best for you in reducing the tension.

Once relatively free of tension, you are better able to accelerate the healing process and reconnect with your other more lovingly.

Instructions

Print out this chart and fill in the boxes as you attain your goals. Keep in it as a daily reminder so you can focus and finish.

A place for notes is provided at the end of the chart.

Tension Reduction Progress Chart					
Print out and shade in the boxes when Progress is made. 1 = I think about it, 2 = Sometimes attain it, 3 = Half the time, 4 = Frequently, 5 = Satisfied with attainment					
	1	2	3	4	5
1. Most often I can remove myself from the immediacy of negative feelings and thoughts and see the larger picture.					
2. I am more able to objectively evaluate my situation.					
3. I feel like I have much better control of my feelings and thoughts.					
4. I feel much less reactive, defensive, needy and desperate.					
5. I am aware of breathing much more deeply.					
6. I think much less in "all" or "nothing" terms.					
7. I am much less afraid of difficult situations.					

8. I speak more slowly and confidently.					
9. I feel a greater confidence in myself and in relationships.					
10. Negative images and memories seem to have much less power in my life.					
11. I'm much better able to think before I speak.					
12. I know the triggers that hook me most intently.					
13. It seems sometimes like a part of me is watching as I interact with my partner.					

NOTES:

REMEMBER:

Please post your comments and questions at the bottom of the Module 1 page.