

My Goal: \_\_\_\_\_

Session Date and Time	Session Duration	Pre-Session Stress Rating 1/10	Experiential Changes During or Following Your B-2 Session	Post-Session Stress Rating 1/10
07/13/16, 10 AM	10 minutes	5/10 <i>(Moderate stress level)</i>	<i>Fell asleep at about 2 minutes into session. I had a very vivid dream. Woke feeling refreshed. Later that day I was not as upset by some disappointing news as I usually would have been. I was disappointed but got over it quickly.</i>	2/10 <i>(Low Stress Level)</i>
07/15/2016, 7 PM	20 minutes	7/10 <i>(Higher stress Level)</i>	<i>It took some time to relax into the session. My mind was racing with a fight I had earlier with my sister. I practiced deep breathing and that helped me relax. Afterward I felt better, more relaxed and not as upset at my sister. Felt really hungry afterwards.</i>	4/10 <i>(Moderate Stress level)</i>

*Positive change is accompanied by mindful action. What mindful action have you taken towards your goal(s) today?*

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