My week in feelings

A few words a day is enough. Bring it to your next session, or read it back at the end of the week and see what you notice.

Day	What I felt	What was happening	What helped, even a little
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

Shared for comfort and reflection by women who have been there. Not therapy, counselling or medical advice. In crisis? Call 911, or the Naseeha Helpline at 1-866-627-3342, any hour.