

Emotions

Patient Information:

- Name:
- Age:
- Gender:
- Date:

Instruction:

Rate each based on your inner peace on a scale of 1 to 10. Reflect on activities or practices that promote peace for you.

Emotions	Rate

Interpretation:

Overall Emotional Well-Being:

Emotional Triggers:

Strengths

Recommendations

Follow-Up:

Next Session Focus

Reflection