



## My feelings

It can help to write down how you feel so you can identify the areas where you need further help and support.

How do I feel today < 0 1 2 3 4 5 6 7 8 9 10 >  
*Not great* *Really good*

Today I'm worried about .....

Date (dd/mm/yy) .....

My concerns are:

- practical  emotional  lifestyle  spiritual or religious  
 financial  family or relationships

Who can I talk to about this .....

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