

DOS: \_\_\_\_\_ SESSION #: \_\_\_\_\_ LENGTH: \_\_\_\_\_ LOCATION: \_\_\_\_\_

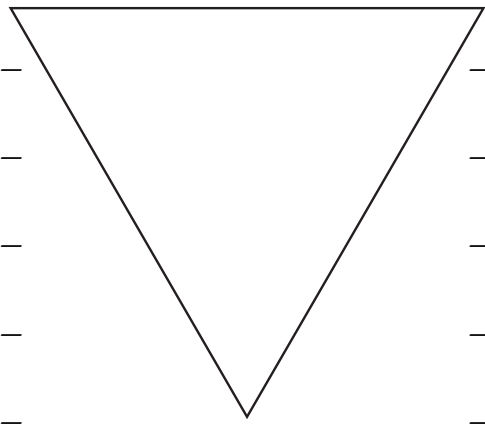
**Anhedonia:** Low / Ok / High    **Energy:** Low / Ok / High    **Hopelessness:** Low / Ok / High    **Anxiety:** Low / Ok / High

**Concentration:** Low/Ok/High    **Appetite:** Low/Ok/High    **Sleep:** Low/Ok/High    **Physical Pain:** Low/Ok/High    **S:** Y/N

Updates: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Manager/Part: \_\_\_\_\_

FF/Distractor/Soother/Part: \_\_\_\_\_



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Exile:

Witnessing/Do over: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Unburden extreme beliefs: \_\_\_\_\_  
\_\_\_\_\_

Invitation of (+) qualities: \_\_\_\_\_

What part needs from Self: \_\_\_\_\_

Trailheads: \_\_\_\_\_  
\_\_\_\_\_

Next appointment: \_\_\_\_\_