

| Day | Location of Physical Tension | Emotions and their Opposites | Thoughts | | | |
|-------|------------------------------|------------------------------|----------------------|--------------------|----------------------------|---------------------------|
| | | | Need to To Do It Now | It does not matter | It can wait until tomorrow | I would like to let it go |
| Sun | | | | | | |
| Mon | | | | | | |
| Tues | | | | | | |
| Weds | | | | | | |
| Thurs | | | | | | |
| Fri | | | | | | |
| Sat | | | | | | |