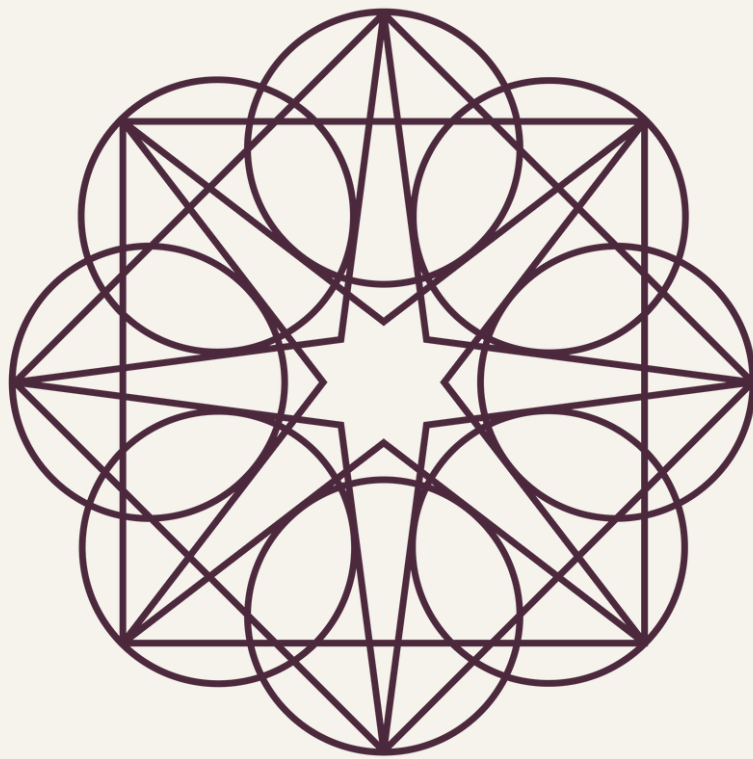


THERAPY



LOG SHEETS

WOLF THERAPEUTIC COMMUNITY

TRACKING THE JOURNEY

DAILY LOG

Record here any dreams, emotions, revelations, triggers, or changes that you notice between sessions. Rate the strength/ intensity of the experience if you can, whether it is positive or unpleasant.

SYMPTOMS

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QUESTIONS FOR MY THERAPIST

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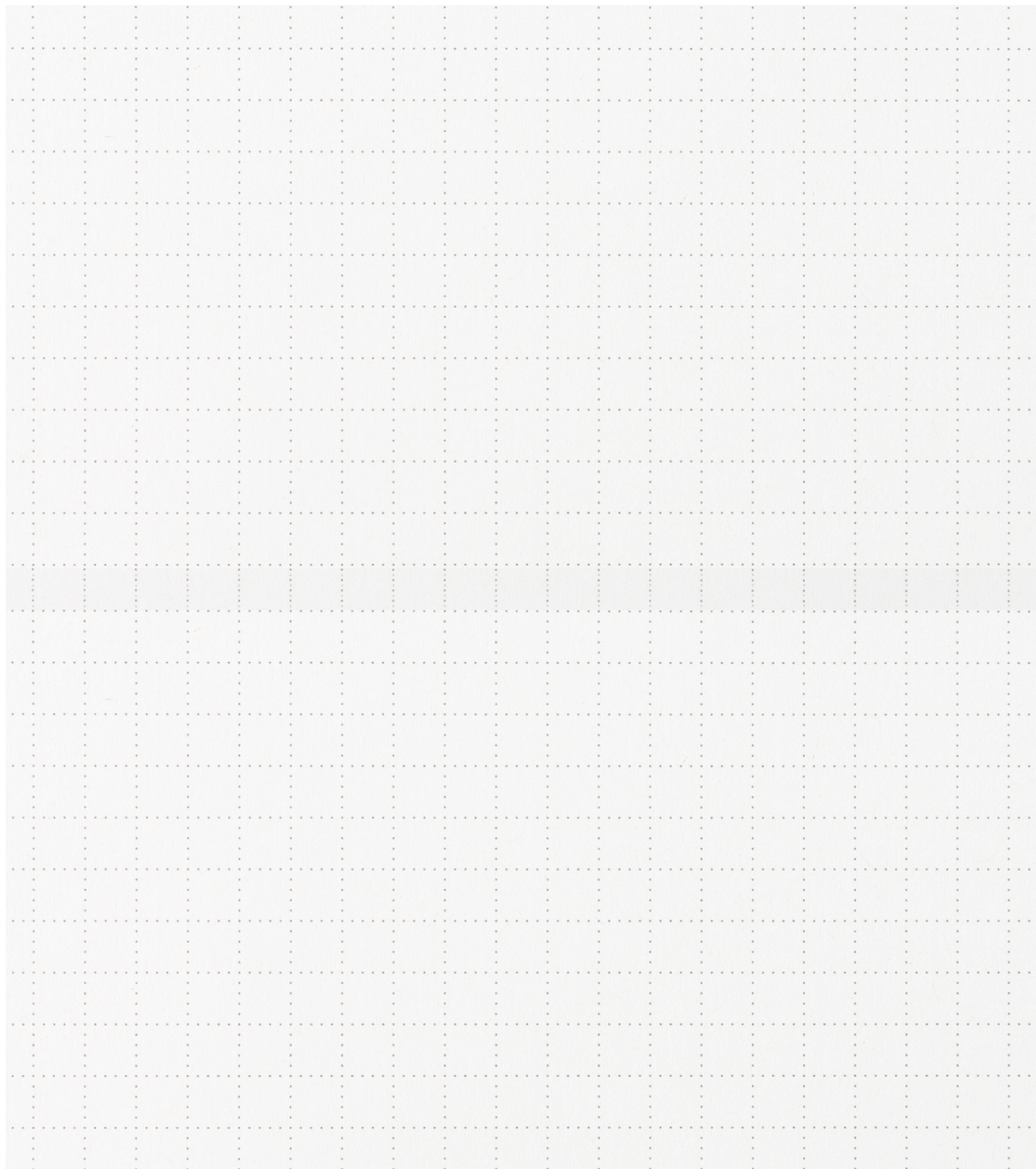
SYMPTOMS

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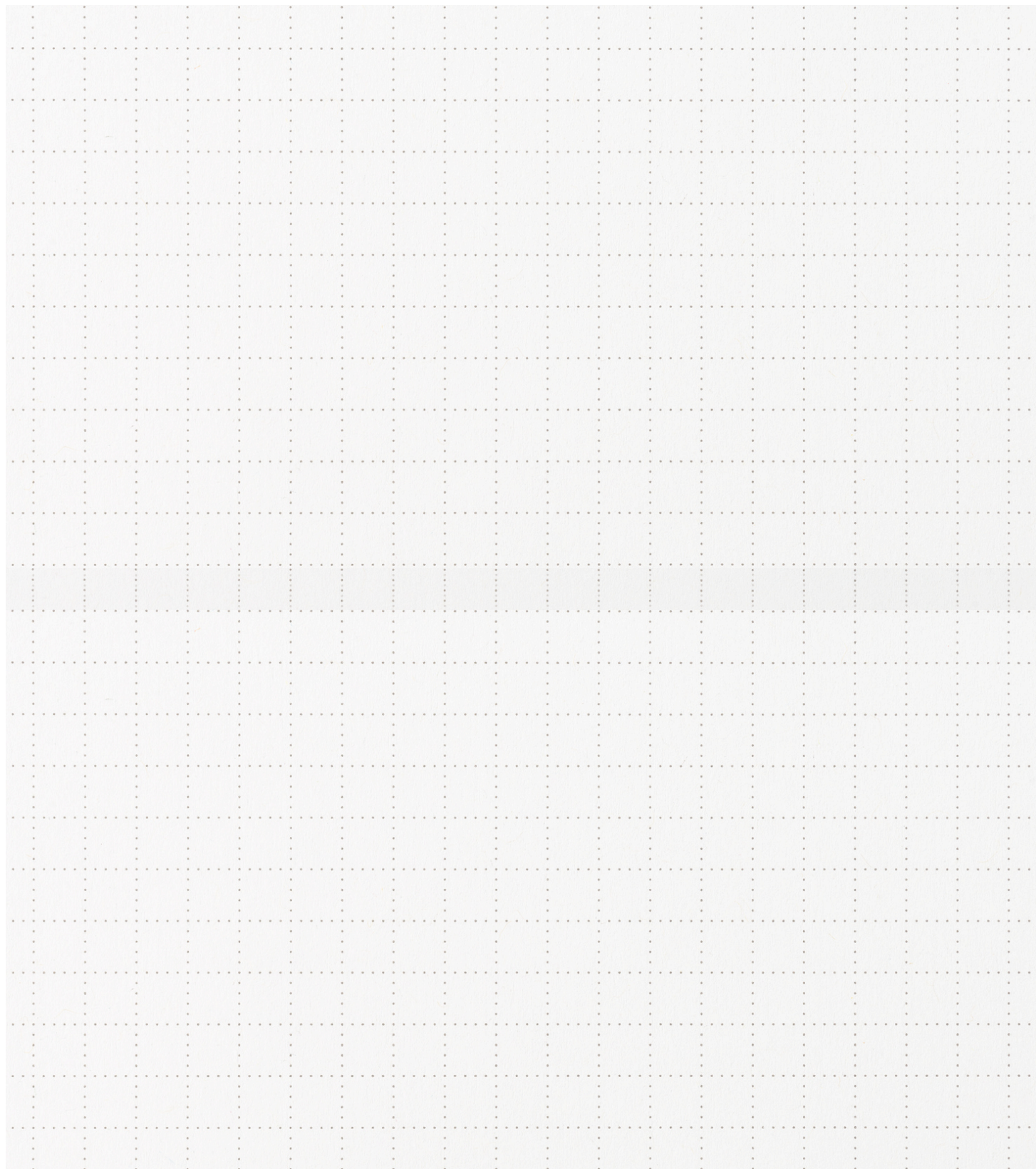
QUESTIONS FOR MY THERAPIST

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DRAWING SPACE



DRAWING SPACE



DRAWING SPACE

