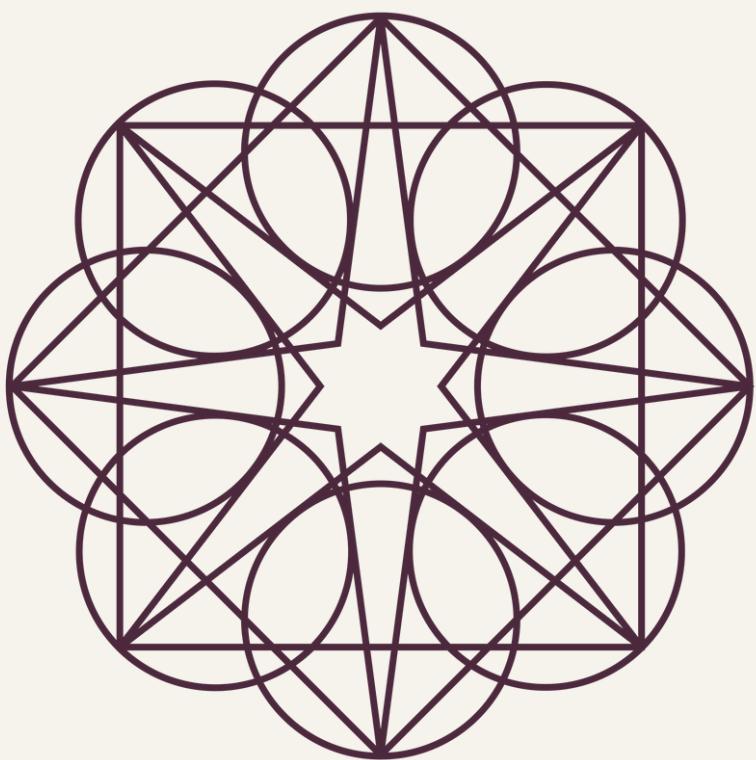


# THERAPY



## 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.

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## SYMPTOMS

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## QUESTIONS FOR MY THERAPIST

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## SYMPTOMS

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## SYMPTOMS

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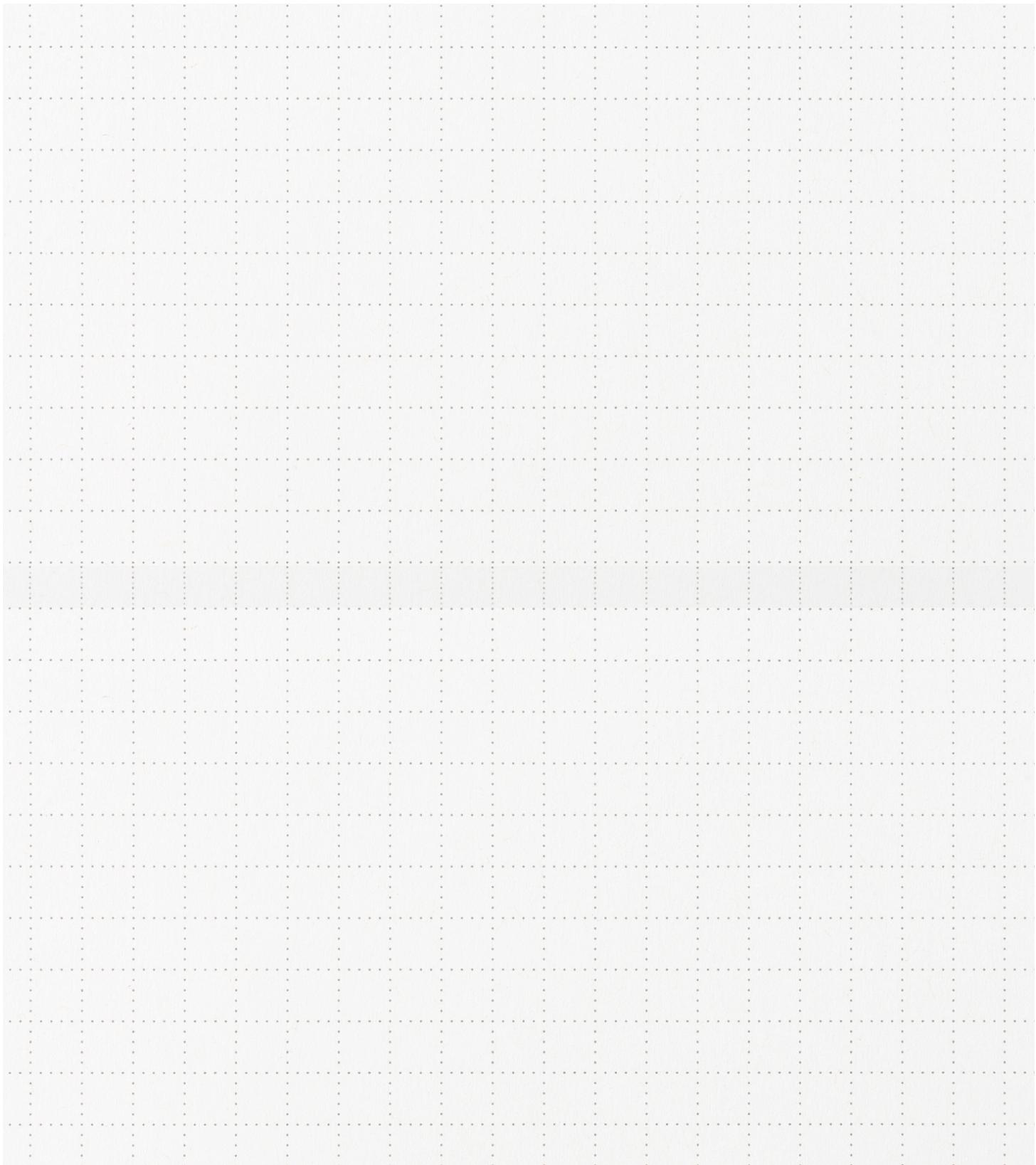
## SYMPTOMS

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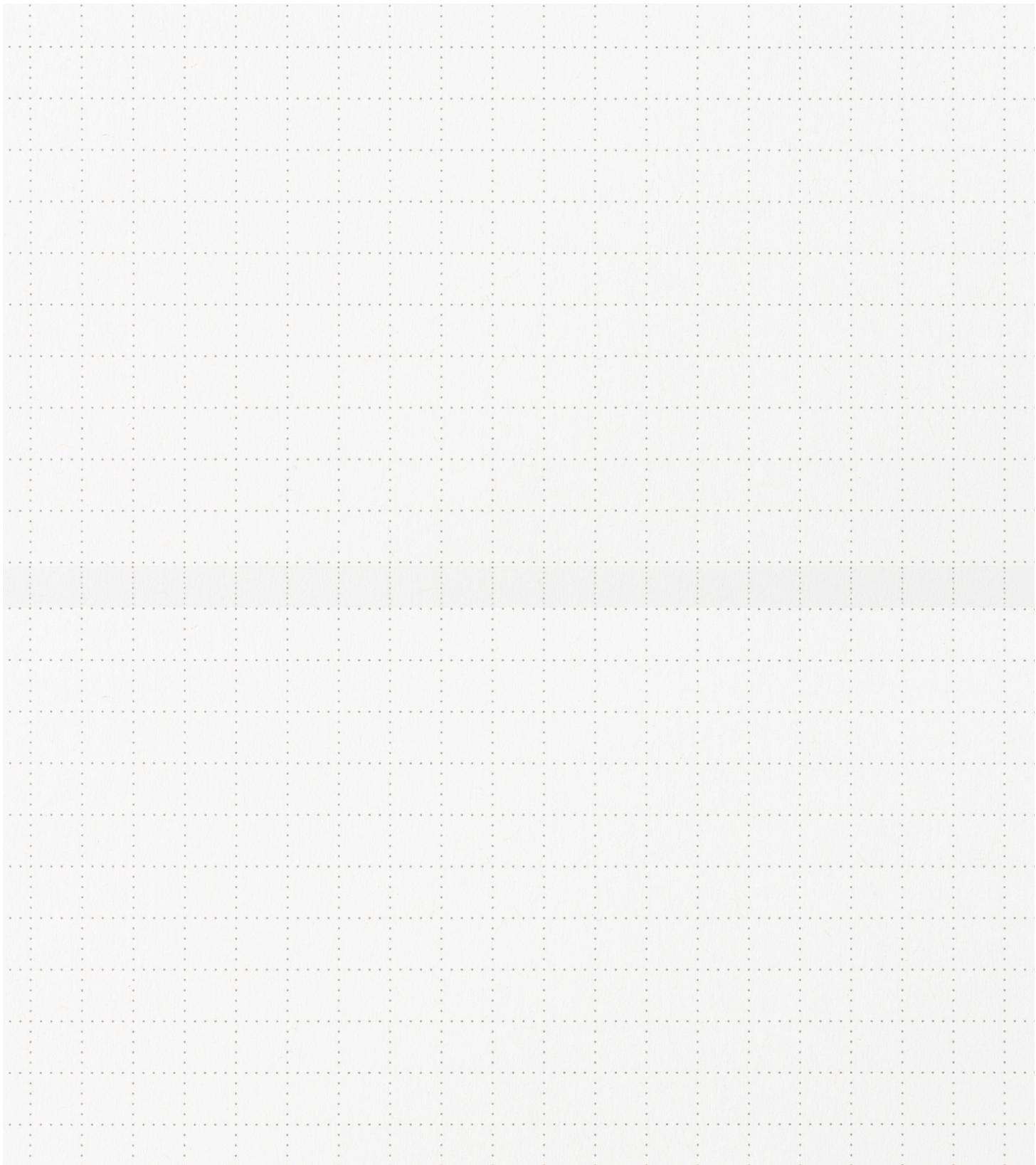
## QUESTIONS FOR MY THERAPIST

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# DRAWING SPACE



# DRAWING SPACE



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