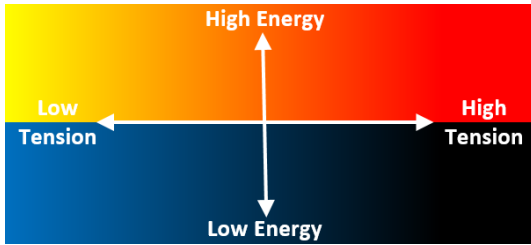


Energy-Tension Reflection Journal

Adapted by The MEHRIT Centre and Laura Cesaroni from Robert E. Thayer (1996). The Origin of Everyday Moods: Managing Energy, Tension, and Stress



Thinking about your current energy and tension levels, where are you on the Energy-Tension Matrix? Use the table below to record your energy and tension levels and evidence for this. Then, Reframe.

Date and Time:	Circle what Energy-Tension state you are/were in?	Red HE/HT	Black LE/HT	Yellow HE/LT	Blue LE/LT
<p>What happened to lead you to this state? And how did you respond?</p>					
<p>Reframe the situation:</p>					

Energy-Tension Reflection Journal (cont.)

Adapted by The MEHRIT Centre and Laura Cesaroni from Robert E. Thayer (1996). The Origin of Everyday Moods: Managing Energy, Tension, and Stress

Date and Time:	Circle what Energy-Tension state you are/were in?	Red HE/HT	Black LE/HT	Yellow HE/LT	Blue LE/LT
What happened to lead you to this state? And how did you respond?					
Reframe the situation:					