

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Check In Time: \_\_\_\_\_ AM PM

My feelings now are:

Stress Level	0	1	2	3	4	5	6	7	8	9	10
	Completely relaxed		Awake and Calm		Mild Tension, Uncomfortable		Very Unpleasant Tension		Highly Distressed		Extremely Upset
	Not at all	<u>Feelings</u>									Extremely High
Fear/Anxiety	0	1	2	3	4	5	6	7	8	9	10
Anger	0	1	2	3	4	5	6	7	8	9	10
Depression	0	1	2	3	4	5	6	7	8	9	10
Happiness	0	1	2	3	4	5	6	7	8	9	10

Check Out Time: \_\_\_\_\_ AM PM

My feelings after using the comfort room are:

Stress Level	0	1	2	3	4	5	6	7	8	9	10
	Completely relaxed		Awake and Calm		Mild Tension, Uncomfortable		Very Unpleasant Tension		Highly Distressed		Extremely Upset
	Not at all	<u>Feelings</u>									Extremely High
Fear/Anxiety	0	1	2	3	4	5	6	7	8	9	10
Anger	0	1	2	3	4	5	6	7	8	9	10
Depression	0	1	2	3	4	5	6	7	8	9	10
Happiness	0	1	2	3	4	5	6	7	8	9	10

What did you find helpful and what suggestions do you have for others? \_\_\_\_\_