

# Relaxation journal

Answer the following pointers by describing your experience in acute detail.

*Please refrain from writing the same thing for each entry, as each experience of the exercise will vary.*

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

Time I started relaxation: \_\_\_\_\_

Time I finished relaxation: \_\_\_\_\_

**The new areas of tension I discovered in this experience of the exercise were:**

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**The areas of tension I successfully relaxed were:**

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**I experienced these sensations in my body when I successfully relaxed and released the tension:**

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**The sensations I experienced in my body when I was aware of tension/blocked energy/blocked emotions/blocked voice felt like:**

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# Relaxation journal

**Did you bring any personal issues into the exercise? (this can be your conditioning from childhood, teenage years and issues about your sense of self as well as daily life problems)? Please explain**

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**I became drawn into these obstacles during the exercise:**

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**Did you feel more alive/present after the exercise? (please explain)**

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**How connected were you to your instrument after the exercise (incl. emotions, senses, voice)? Please explain**

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**How grounded did you feel after the exercise? (please explain)**

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**What have you discovered about yourself as an actor upon reflection of the exercise? (please explain)**

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