

## Self-Debrief Scoring Matrix

<b>Date</b>	( example 6/19)																
<b>Body Scan for Awareness</b>	<b>1-10</b>																
Head and Neck																	
Shoulders																	
Chest																	
Abdomen																	
Thighs																	
Calves and Feet																	
I noticed a difference today.																	
<b>Emotional Scan for Awareness</b>	<b>1-10</b>																
Stressful to Pleasurable																	
Painful to Pleasant																	
I noticed a difference today.																	
<b>Thinking Scan for Awareness</b>	<b>1-10</b>																
Restrictive thinking to expansive thinking																	
Pessimistic to optimistic																	
I noticed a difference today.																	
<b>Energetic/Spiritual Scan for Awareness</b>	<b>1-10</b>																
Shame/unworthy to Innocent/whole																	
Disconnected to connected																	
Fatigue to Life-force Vitality																	
Clueless to Enlightened																	
I noticed a difference today.																	