***Stress Management Training S8.b***

*Session Eight*

*Subjective Measure of Change*

Name...................................................................................................................................................

Has the subjective measure of change been achieved?

If not, how far do you feel you have come towards achieving your Subjective Measure of Change, on a scale of 1 - 10.

1 2 3 4 5 6 7 8 9 10

If the change is not completely achieved, what measures can you take towards achieving it?

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