

Checklist for the audio-based stabilization exercises		DAY 1:				DAY 2:				DAY 3:			
		 Morning	 Day	 Evening	 Night	 Morning	 Day	 Evening	 Night	 Morning	 Day	 Evening	 Night
How often? 0x/1x/2x/3x													
Which exercise?	Breathing	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
	Bodyscan	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
	The inner safe place	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
	All exercises	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Was the exercise helpful?		☐ yes ☐ a bit ☐ no	☐ yes ☐ a bit ☐ no	☐ yes ☐ a bit ☐ no	☐ yes ☐ a bit ☐ no	☐ yes ☐ a bit ☐ no	☐ yes ☐ a bit ☐ no	☐ yes ☐ a bit ☐ no	☐ yes ☐ a bit ☐ no	☐ yes ☐ a bit ☐ no	☐ yes ☐ a bit ☐ no	☐ yes ☐ a bit ☐ no	

Checklist for the audio-based stabilization exercises		DAY 4:				DAY 5:				DAY 6:			
		 Morning	 Day	 Evening	 Night	 Morning	 Day	 Evening	 Night	 Morning	 Day	 Evening	 Night
How often? 0x/1x/2x/3x													
Which exercise?	Breathing	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
	Bodyscan	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
	The inner safe place	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
	All exercises	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Was the exercise helpful?		☐ yes ☐ a bit ☐ no	☐ yes ☐ a bit ☐ no	☐ yes ☐ a bit ☐ no	☐ yes ☐ a bit ☐ no	☐ yes ☐ a bit ☐ no	☐ yes ☐ a bit ☐ no	☐ yes ☐ a bit ☐ no	☐ yes ☐ a bit ☐ no	☐ yes ☐ a bit ☐ no	☐ yes ☐ a bit ☐ no	☐ yes ☐ a bit ☐ no	