|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Steps** | *Waiting in waiting room* | *Speaking to the nurse* | *Speaking to the doctor* | *Intervention* | *Planning new appointment* |
| **Activity?** *(Describe in your own words what happened)* |  |  |  |  |  |
| **Start time?** |  |  |  |  |  |
| **End time?** |  |  |  |  |  |
| **How do you feel?** *(Please circle)* | https://3c1703fe8d.site.internapcdn.net/newman/gfx/news/hires/2017/emoticonshel.jpg | https://3c1703fe8d.site.internapcdn.net/newman/gfx/news/hires/2017/emoticonshel.jpg | https://3c1703fe8d.site.internapcdn.net/newman/gfx/news/hires/2017/emoticonshel.jpg | https://3c1703fe8d.site.internapcdn.net/newman/gfx/news/hires/2017/emoticonshel.jpg | https://3c1703fe8d.site.internapcdn.net/newman/gfx/news/hires/2017/emoticonshel.jpg |
| **How would you describe your emotional state?**  *(circle one or more emotions, or describe it yourself on the dotted lines)* | Frustrated  Disappointed  Stressed  Confused  Nervous  Happy  Excited  Comfortable  Confident  Supported  ………………………………  ……………………………… | Frustrated  Disappointed  Stressed  Confused  Nervous  Happy  Excited  Comfortable  Confident  Supported  ………………………………  ……………………………… | Frustrated  Disappointed  Stressed  Confused  Nervous  Happy  Excited  Comfortable  Confident  Supported  ………………………………  ……………………………… | Frustrated  Disappointed  Stressed  Confused  Nervous  Happy  Excited  Comfortable  Confident  Supported  ………………………………  ……………………………… | Frustrated  Disappointed  Stressed  Confused  Nervous  Happy  Excited  Comfortable  Confident  Supported  ………………………………  ……………………………… |
| **Any further comments?** |  |  |  |  |  |

