

# Calmpute<sup>TM</sup>

Biofeedback Stress  
Reduction Program

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① Apple IIw  
② Apple SuperSerial  
slot #1

**Instruction Manual**  
Apple II Series

## **APPLE: WORKING WITH THE COMPUTER**

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1. Turn on the television monitor.
2. Insert the diskette into the disk drive with the label facing up and on the right.
3. Close the door to the disk drive.
4. Turn on the Apple. (The on-off switch is on the back left-hand side of the computer.)
5. You will see a red light on the disk drive turn on. If the disk drive does not turn off in about ten seconds, turn the Apple off and make sure your diskette is placed correctly in the disk drive.
6. The TT logo will appear on the screen.
7. Follow directions given in the program.
8. If at any time during the program you want to stop, hold down the Control button and press the E key.

### **Turning off the Computer**

1. Remove the diskette from the disk drive and return it to its place of storage.
2. Turn off the Apple.
3. Turn off the television or monitor.

### **"WHAT HAPPENS IF...?"-THOUGHT TECHNOLOGY WARRANTY**

1. *What happens if a program will not load or run?*  
Call us on our toll-free number and we will send you a new tape or diskette.
2. *What if I find an error in the program?*  
We have thoroughly tested the programs so we hope this does not happen. But if you find an error, please note what you did before the

error occurred. Also, if a message appears on the screen, please write the message down. Then fill out the evaluation form and call us with the information. We will correct the error and send you a new diskette.

3. *What happens if the courseware is accidentally destroyed?*

TT has a lifetime guarantee on its courseware. Send us the product that was damaged and we will send you a new one.

4. *How do I stop the program in the middle to go on to something new?*

A program can be ended at any time by holding the Control (CTRL) key and pressing the E key.

5. *Can I copy this diskette?*

The material on the diskette is copyrighted. You should not copy the diskette.

6. *Can I take the diskette out of the disk drive and put it into another computer?*

Since you only have one GSR per program, you should have no need to do this.

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## **OUR AGE OF STRESS**

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It is ironic that today, when science and technology have provided our society with so much, when so many of us eat better, live better, enjoy more leisure and comfort than any other people in history, we suffer from such widespread stress and tension.

The dangers of too much stress to our mental and physical health are well documented, the all too frequent answer being a reliance on alcohol or tranquilizing drugs.

Fortunately, people are seeking new ways to cope, and are making active sports, personal development programs, meditation and biofeedback training a part of their everyday routines.

The ability to calm down and relax deeply is a powerful antidote to the effects of stress. The problem is that although all of us are born with this ability, it's something we often have to re-learn.

## **BODY LANGUAGE**

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When you're under extreme stress, your body copes in many ways that are noticeable. Your heart pounds, your hands perspire, muscles tense up, and extra adrenaline is released.

But not all stress is so extreme. Unfortunately, what really wears us down are lower levels of stress that occur constantly, and that most of us accept as inevitable. Our bodies respond to this type of stress with much lower signals that mostly go unheeded. Now, biofeedback is enabling us to observe and modify these signals.

## BIOFEEDBACK EXPLAINED

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### *What is biofeedback?*

Put simply, biofeedback is the feeding back of biological information to the person whose biology produces the signals. With biofeedback you get immediate information about your own mental and physical processes or conditions. Biosensors of various kinds can give you information about your heart rate, body temperature, brain wave activity, blood pressure, respiration, etc. The Calmpute biosensor monitors sympathetic nervous system activity reflected through changes in skin pore size and sweat gland activity.

Biofeedback is an exciting new field which combines physiology and psychology. These instruments are in effect awareness enhancers. Most of us can't sense small changes in skin pore size, but the GSR biosensor can detect minute changes and give you feedback in the form of a wiggle of a needle, a beeping sound, a line graph, etc. As you learn control of your physiology, the biofeedback signals become instant reinforcers of the changes you are trying to make. A beep or a falling line graph means "You did it!, keep it up, you are heading in the right direction."

## LISTEN TO YOUR SKIN

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One of the principal ways your body reacts to tension and stress is through your skin and what scientists call galvanic skin resistance.

This galvanic skin resistance, or GSR, is a reflection of variations in your sweat gland activity and pore size, both of which are controlled by the sympathetic nervous system. When you become excited, frightened or disturbed to any degree, the system activates chemical and physical changes all through your body. Your GSR level also changes.

## **What Calmpute Does**

Calmpute will allow you to de-stress yourself, by linking your biological and mental systems to your computer. The "bio-link" you create permits you to monitor your emotions, stress and tension levels in an objective manner.

Your body's "bio-data" is presented to you live, in real time. By paying attention to this personal data in special ways, you can take your bio-systems off their automatic behavior programs, creating for yourself new forms of relaxation, awareness, and self-mastery.

## **HOW IT WORKS**

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The Calmpute/GSR biosensor detects changes in sympathetic nervous system activity through changes in pore size and sweat gland activity. The nervous system has been trained for many years to respond to fight or flight. Action, reaction. When you become excited, frightened, or disturbed, to any degree, the system activates chemical and physical changes all through the body. This changes your GSR activity level, and is monitored by the Calmpute/GSR biosensor.

A basic rule of thumb: GSR activity decreases when you are relaxing, and increases when you tense up even slightly.

The biosensor is able to detect this change in GSR activity by sending a minute electric current through your skin. Increases in tension produce increases in current flow which the computer displays either visually or audibly.

## GETTING STARTED

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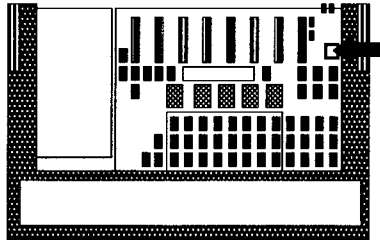
Before using the GSR device, it is recommended that you connect the device and check the battery. If you have a printer connected to your computer, you will want to set the printer (see *Instructions* in the main menu).

## HOW TO CONNECT THE GSR

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The GSR biosensor plugs directly into the paddle/joystick connector on the back of your Apple II computer. For the Apple II+, an adaptor cable is required which converts the nine pin connector to a 16 pin connector (available at most Apple dealers), which is then plugged into the socket located inside the computer toward the back right-hand side (see the appropriate diagram below for specific instructions).

### **For Apple II+**



**FOR APPLE II+**  
Looking down on inside of Apple II+: GSR connects to the joystick socket, shown by arrow. Cord should face back of computer. Note that an adaptor is required.

### **For Apple IIe, IIc, or IIgs**



**FOR APPLE IIe or IIc**  
Apple IIe (IIc, IIgs are similar): GSR connects to joystick socket, shown by arrow.



## HOW TO INSTALL AND CHANGE THE BATTERY

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The GSR biosensor uses a 9-volt battery. Once installed, the battery should operate for 6 months to 2 years.

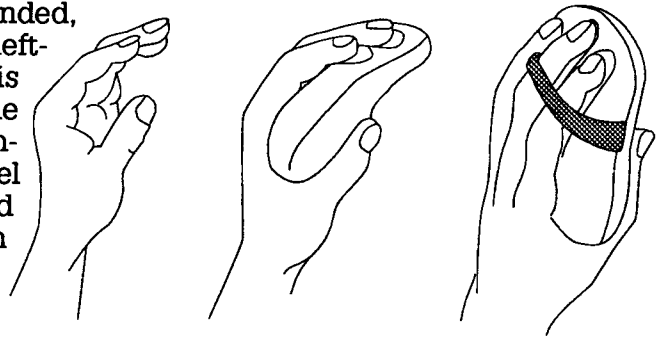
To install the battery, remove the screws on the bottom of the GSR, carefully separating it into halves. Pry off the battery snap and remove the battery. Replace with a 9-volt cell, preferably alkaline or lithium, then carefully fit the unit back together. When closing the GSR, **turn the screws only until resistance is felt.**

To check the battery, go into the *Instructions* option from the main menu, and then select number 3, *Checking the Battery*. You will be instructed to connect the finger plates using a piece of aluminum foil or a paper clip. Once this is done, the computer will indicate whether your battery is good.

## HOW TO HOLD THE GSR BIOSENSOR

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The GSR has been designed so that its shape conforms to the position of your relaxed hand. Place your index and second fingers onto the stainless steel sensing plates. If you are right-handed, put the GSR on your left hand; if you are left-handed, put the GSR on your right hand. This leaves your dominant hand free to work with the computer. Now pull the black strap over your fingers to keep them in contact with the steel plates. If the strap is too tight, it can be loosened by gently pulling out from the sides to lengthen it. (Refer to this illustration)



It is important for your hand to remain relaxed, with your elbow supported. There are at least two positions that are comfortable and allow the biosensor to work properly:

- 1) The preferred method is to hold the GSR upside down in your up-turned palm, resting on your thigh. Your thumb should be on the side of the GSR, facing up.
- 2) You can rest your arm on a table with your fingers resting on the GSR's steel plates; however, this position is more prone to incorrect readings due to finger movements.

While working with the exercises, try to keep the hand with the GSR motionless, and the pressure of your fingers on the sensing plate constant, since changes in the pressure on the steel plates change the surface area and can affect the readings.

## **CALMPUTE: THE MAIN MENU**

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If this is your first time using *Calmpute*, you should begin with the instructions, and work your way down the menu.

### **1. INSTRUCTIONS**

This section gives you all the information you need to begin using *Calmpute*:

- How to Use this Program
- Overview of Biofeedback
- Checking the Battery
- Setting the Printer

## **How to Use this Program**

In this option, you'll learn basic information about the program. All of the information is covered more extensively in this manual.

### **Overview of Biofeedback**

This option provides you with an overview of biofeedback and its use in treating stress by teaching relaxation.

### **Checking the Battery**

This option contains a test that checks the battery in your GSR biosensor. You should test the battery periodically to make sure you're getting maximum sensitivity from the GSR. If your battery is not working up to par, you will be given instructions on how to change it.

### **Setting the Printer**

This option gives you instructions for setting the printer. You can use the printer to get a permanent record of your results of the following:

- Muscle Tension Test (*Physical Stress Test, option 2*)
- Reaction Time Test (*Physical Stress Test, option 2*)
- Most/Least Favorite Test (*Psychological Stress Test, option 3*)
- Word Association Test (*Psychological Stress Test, option 3*)
- CalmScope (*Stress Management, option 4*)
- CalmBar (*Stress Management, option 4*)

After selecting this option, the following will appear on the screen:

- Set printer type
- Set interface card
- Test card and printer

Begin by selecting 1. *Set printer type*. The screen will display a list of printers available. Select the correct printer and press RETURN. You will then return to the previous screen.

Next, select 2. *Set interface card*. Again, you'll be provided with a list of available interface cards. After you select one, you will be asked which slot the card is in. Enter the correct number and press RETURN. You will then return to the previous screen.

To be sure you've set the printer correctly, select option 3, *Test card and printer*.

Be sure to set the printer at the outset if you plan to print results. If the printer is not set, you could lose your results. Once you have set the printer, you need not set it again.

## 2. PHYSICAL STRESS TEST

The *Physical Stress Test* shows you how physical activity can affect your GSR level. This tensing and relaxing allows you to get in touch with how your muscular tension affects your GSR, alternating muscular tension/relaxation in an exercise is called "Progressive Relaxation", a popular method of learning relaxation.

You will be provided with the following choices

1. Muscle Tension Test
2. Reaction Time Test

### Muscle Tension Test

In this test, you will be taken through a series of exercises that alternate relaxation with tensing several muscle groups: the forehead, the jaw, and the hand. Ensure that you are able to relax quietly during the relaxation portion prior to the muscular tensing, so there will be

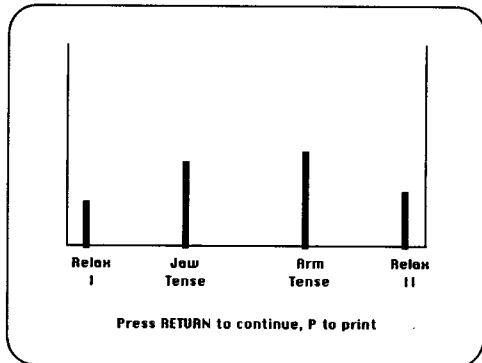


Fig. 1

a significant difference in arousal. At the end of the test, a bar graph will present the results of your GSR level at each phase of the test.

You will probably find that your GSR level increases at those points in the test where you are tensing the various muscles. Muscle tension plays a big part in stress; many people unknowingly tense certain muscles when they are in difficult situations, and that can contribute to their feeling of stress and make it more difficult to relax.

*To get a printout of the line graph that depicts your results, press P.*

**REMEMBER:**

***To use the printer, you must set it BEFORE you start the test. Refer to the Instructions in the main menu in order to set the printer.***

### Reaction Time Test

In this test, you will be asked to react as quickly as possible to a stimulus on the screen by pressing the space bar. Four test trials are provided, and after each the time it took for you to react will be indicated. After all four trials have been completed, you will be presented with a line graph that shows your GSR level at each of the trials, as shown below:

A reaction time test involves the physical action of hitting the space bar; but it also involves the anticipation you feel while waiting to hit the space bar. Often this anticipation decreases as you adjust to the test, and you may very well see a decrease in GSR level between the first and last trials. *To get a printout of the line graph that depicts your results, press P.*

**NOTE:** You can return to the main menu at any time by pressing the "ESC" key.

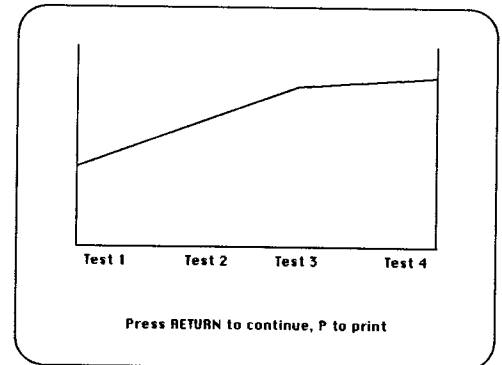


Fig. 2

### 3. PSYCHOLOGICAL STRESS TEST

The purpose of the psychological stress test is to show you how just thinking certain thoughts throughout the day, both positive and negative, can cause stress. It will help you become more aware of the "psychological stressors" that exist in your life.

You will be provided with the following choices:

1. Most/Least Favorite Test
2. Word Association Test
3. View Results

#### Most/Least Favorite Test

In this test, you will be asked to create a list of most and least favorite things in your life, in various categories, as shown below:

It is best to do this alone, with no distractions. As you type in your answer, try to concentrate on that answer; type slowly, leaving your fingers relaxed on the GSR.

After you've typed in your choice, press *RETURN*. You will be asked to wait five seconds before typing in your next answer. During this time, try to relax and clear your mind of any thoughts. If you make a mistake while typing your answer, use the backspace key to erase the answer, and start again.

When you've finished the list, you will get results in the form of a bar graph. The longer the line on the graph, the stronger the emotional response to that word. Figure 3 shows a sample graph.

Keep in mind that an emotional response may be either positive or negative; thus, life situations such as marriage, a new car or house, or a baby can be just as stressful as losing a

	<u>Most Favorite</u>		<u>Least Favorite</u>	
Male	[Bob	]	[Joe	]
Female	[Jennie	]	[Pam	]
Place	[Beach	]	[Dentist	]
Activity	[Travel	]	[Laundry	]
Sport	[Ski	]	[	]
Food	[	]	[	]
Music	[	]	[	]
Movie/Tv	[	]	[	]

Press RETURN for the next word

Fig. 3

job, missing a plane, or having financial difficulties. It is up to you to recognize by self-questioning whether the responses are positive or negative.

Remember, there are no right or wrong answers to this test. You'll get the best results if you are spontaneous in your answers.

**NOTE:** Categories like *Favorite Place* do not necessarily refer to geographical locations. Answers such as *dentist's office* or *movie theater* are perfectly acceptable.

To get a printout of the bar graph that depicts your results, press P.

### REMEMBER:

To use the printer, you must set it **BEFORE** you start the test. Refer to the Instructions in the main menu in order to set the printer.

### Word Association Test

In this test you will be presented with 16 words, one at a time. You have the option of using your own word list, rather than using the list in the computer. To do so, answer yes at the end of the instructions when the computer asks if you want to make your own list. You cannot enter more than 16 words. After you've made your list, the test will begin, with your words appearing in the order you entered them. (Note: the program will not save your word list once you leave the Psychological Stress Test portion of this program; thus, be sure to make a note of your list if you wish to use it again).

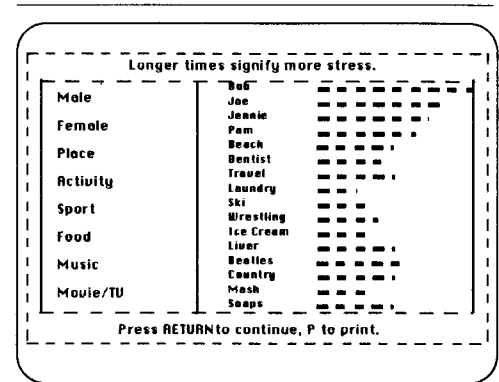


Fig. 4

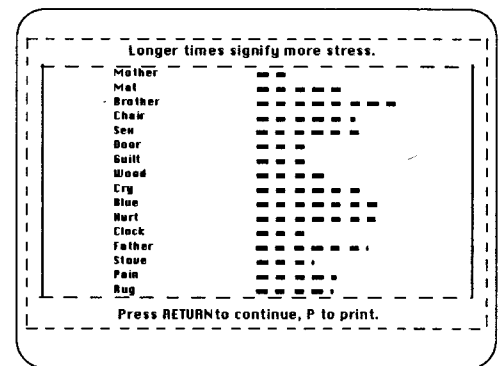


Fig. 5

As each word appears, focus in on the word, and try not to think of anything else. After the word disappears, blank your mind of all thoughts until the next word comes up. Be sure to leave your fingers relaxed on the GSR. *You can break out of the test and view your results at any time by pressing R.*

At the end of the test, you will get your results in the form of a bar graph. The longer the line, the stronger the emotional response to that word. A typical graph is depicted in Fig. 5. To get a printout of the bar graph depicting your results, press *P*.

### **View Results**

As long as you are still working in the *Psychological Stress Test* option, you can view the latest results for either the *Most/Least Favorite* or *Word Association* tests. After selecting 3, you will be asked which test results you wish to view. Select the appropriate test, and the bar graph of your results will be shown. At this point you can print the results if you wish.

**The program will not save your results indefinitely.** Thus, if you leave the *Psychological Stress Test* option, or turn off the computer, you will not be able to view your results again later.

*NOTE: You can return to the main menu at any time by pressing the "ESC" key.*

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## **STRESS MANAGEMENT**

This portion of the program provides various types of feedback to use in relaxation sessions. Because everyone is different, it is worth experimenting with the different types of feedback in order to find out what works best for you. Three types of feedback and instructions are available:



- Overview
- CalmPatterns
- CalmScope
- CalmBar

## Overview

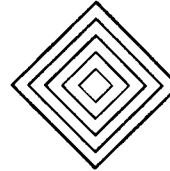
In the overview, you'll get basic instructions and information about learning to relax, using the various forms of feedback offered. For more detailed instructions, refer to this manual.

## CalmPatterns

*CalmPatterns* provides feedback in the form of two visual patterns that get larger or smaller in response to GSR level. You can select which pattern you wish to use:

1. Diamond
2. Hexagon

Depicted on your right is a sample of the diamond pattern:



At the bottom of the screen are a number of control options. ***To move from option to option, press the FIRST LETTER of the option you want; to move within each option, use the ARROW KEYS.***

## The Control Options

**Audio:** If you choose, you can receive feedback in the form of a rising and falling tone. The tone rises in pitch as your stress level increases; the pitch gets lower as you become more relaxed.

**Center:** If the pattern on the screen gets so large that it stops responding, or if the pattern decreases to the point of disappearing from the screen, you can use this option to "center" the pattern back to the size it was at the start.

**Sensitivity:** This option lets you control the degree of responsiveness of the pattern with respect to your physiological changes. **Five is the most sensitive, one is the least.** If you find that you are getting very large changes in the pattern, or that it's reaching its minimum and maximum size too quickly, you should lower the sensitivity. If very little change is occurring, increase the sensitivity.

**Help:** This option gives you a concise reference guide to the control options.

**GSR % change:** This figure gives you more quantifiable data as to your progress in relaxing. You can use it to make comparisons between or within sessions.

### CalmScope

*CalmScope* produces a line graph of your GSR level over time. The trace rises as your stress level increases, and falls as your stress level decreases. (Keep in mind that there is a slight delay in the action of the trace as compared to your actual response.)

Because you can see your results over time, you will be able to track your attempts to relax, and compare different strategies for relaxation.

Figure 6 shows a sample graph:

At the bottom of the graph are a number of control options. **To move from option to option, press the FIRST LETTER of the option you want; to move within each option, use the ARROW KEYS.**

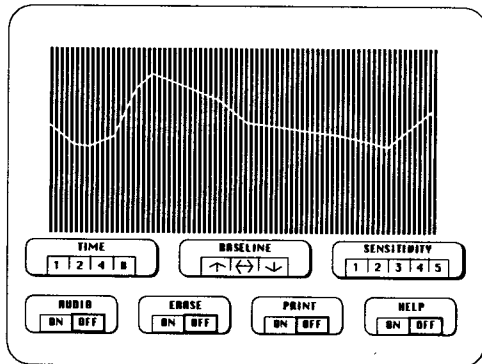


Fig 6

### The Control Options

**Time:** The trace on the graph initially takes a little less than a minute to complete. You can increase this time period to 2, 4, or 8 minutes. By using larger time periods,

you will be able to see trends in your responses.

**Baseline:** At times the trace may go off the graph-using this option will enable you to bring the trace back. *BASELINE* -> will bring the trace to the upper third portion of the graph; *BASELINE* <- will bring the trace down to the bottom third portion of the graph; and *BASELINE* <--> will put the trace at the center of the graph. You may need to use this option several times before the trace finally stabilizes at the starting place you desire.

**Sensitivity:** This option lets you control the degree of responsiveness of the trace with respect to your physiological changes. *Five* is the most sensitive, *one* is the least. If you find that you are getting very large changes in the trace, or that it keeps going off the graph, you should lower the sensitivity. If very little change is occurring, increase the sensitivity.

**Audio:** If you choose, you can receive feedback in the form of a rising and falling tone. The tone rises in pitch as your stress level increases; the pitch gets lower as you become more relaxed.

**Erase:** With this option, you can keep the previous trace on the graph as a new trace begins. This will happen when you select *ERASE OFF*. Thus you can see your progress over a longer time.

**Print:** You can print your results by using this option. *Remember: YOU MUST SET THE PRINTER before you can use this option (see Instructions option in the main menu).*

**Help:** For a concise reference guide to all control options, select the *HELP ON* option. When you're done, you can return to your graph without losing any data. **PRESSING R: If you want data that is more quantifiable, to be used for comparison during or between sessions, press R.** At the bottom right-hand corner of the screen you will get a number proportional to skin conductivity. The higher this "GSR value," the higher your stress level. You'll also get a percent change figure. Both figures change instantaneously with changes in your response.

## CalmBar

*CalmBar* provides you with a bar graph that rises and falls with increases + decreases in your stress levels of your GSR level over time. The advantage of *CalmBar* is that you can select even longer time periods up to 40 minutes for the graph to complete, while at the same time getting instantaneous information on changing stress levels by the height of the bars. Thus you can follow trends in your response for an even longer period of time. Each bar represents your average level of stress over a variable time period (depending on the amount of time you select for the graph to complete.) The higher the bar, the higher your level of stress; shorter bars represent lower levels of stress.

A sample graph is depicted in Fig. 7: At the bottom of the graph there are a number of control options. **To move from option to option, press the FIRST LETTER of the option you want; to move within each option use the ARROW KEYS.**

### The control options

**Time:** The graph initially takes 5 minutes to complete. You can increase this time period to 10, 20, or 40 minutes. By using larger time periods, you will be able to see trends in your responses.

**Baseline:** At times the bar may go off the graph-using this option will enable you to bring the bar back. *BASELINE* -> brings the bar to the upper third portion of the graph; *BASELINE* -> brings the bar to the lower third portion of the graph; and *BASELINE* <-> brings the bar to the center of the graph. You may need to use this option several times before the bar finally stabilizes at the starting place you desire.

**SENSITIVITY:** This option lets you control the degree of responsiveness of the graph with respect to your physiological

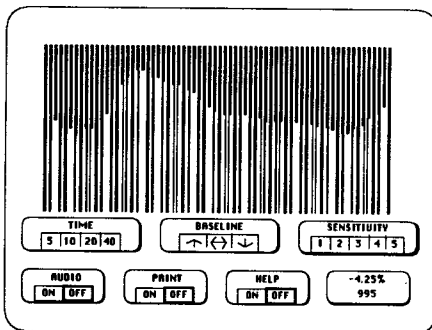


Fig 7

changes. **Five is the most sensitive, one is the least.** If you find that you are getting very large changes, or that the bars keep going off the graph, you should lower the sensitivity. If very little change is occurring, increase the sensitivity.

**Audio:** If you choose, you can receive feedback in the form of a rising and falling tone. The tone rises in pitch as your stress level increases; the pitch gets lower as you become more relaxed.

**Print:** You can print your results by using this option. *Remember: YOU MUST SET THE PRINTER before using this option (see Instructions option in the main menu ).*

**Help:** For a concise reference guide to all the control options, select the *HELP ON* option. After you're done, you can return back to your graph without losing any data.

**GSR % change:** If you want data that is more quantifiable, to be used for comparison during or between sessions, **press R**. At the bottom right-hand corner of the screen you will get a number proportional to skin conductivity. The higher this "GSR value," the higher your stress level. You'll also get a percent change number. Both figures will change instantaneously with changes in your response.

## **How to Use Daily Relaxation**

1. It is better to relax for 10 minutes 6 times a week than for an hour once a week.
2. Make relaxation a habit, choose the same time each day if possible, in a quiet environment and a comfortable posture.
3. Select one method of relaxation and stick with it for at least 6 weeks. It is consistency that is the key.

The following pages contain useful instructions on how to manage your daily stress with charts and summaries which you should photocopy before completing them.

The GSR instantly (2-4 second physiological delay) and continuously monitors your progress as your mental and physical states go from tense to relaxed. Breath control is the bridge between involuntary (breathing while sleeping) and voluntary (take a deep breath before diving) function. Attending to your breathing can bring you into a deep state of relaxation.

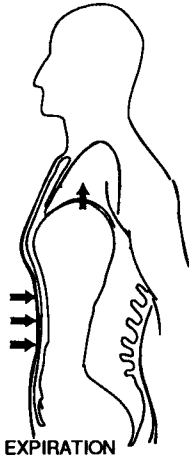
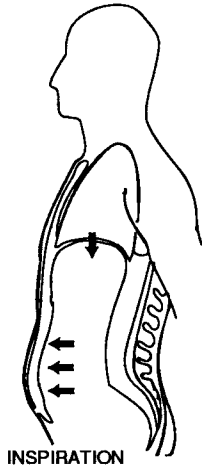
### The Relaxed Breathing Cycle

To begin the breathing cycle, first you must exhale completely. Initially, for the first few minutes, to learn this breathing, you may wish to make a sound as you exhale whispering “Haaaah” very softly. Allow your chest to fall expelling the air. MOST IMPORTANT, continue the exhalation by contracting your stomach in, expelling the remainder of the air in your lungs. At this point let the air flow back in by allowing your stomach (abdomen) to relax and widen. (It seems like you are filling the stomach with air, but in fact, it is your lungs). Continue to inhale allowing your chest to expand slightly. Then repeat the exhalation cycle by allowing your chest to fall gently, feeling the air flowing out.

If you are lying down, your chest and stomach will fall naturally because of gravity and you will not have to pull your stomach in. However, as you begin your inhalation you should expand your stomach voluntarily, allowing the air to flow in.

Important! Breathe through your nose, if it feels comfortable. Allow your jaw to relax. Allow your breathing to be effortless. Remember that breathing is a rhythmic cycle. Never force it, simply observe it happening and experience it.

When practicing diaphragmatic breathing using the GSR the tone or graph may increase slightly as you inhale. Focus on your exhalation and allow your inhalation to occur effortlessly.



## **Other hints**

Direct each part of your body to relax, mentally. Think of a wave of relaxation starting at your scalp going down over your forehead, eyes, cheeks, etc. Allow your jaw to drop, and your mouth to open slightly. Let your shoulders fall as the relaxation flows over your chest, back, arms, forearms, hands, and each of your fingers. On each outbreath move to the next part of your body. You can do this with or without the accompanying cassette.

"Mantra" meditation uses a sound or word to focus your attention. Each time you breathe out think the word "calm". Stretch out the word so that it becomes CAAAAAAAAALMMMMMMM.

- If thoughts arise or your attention wanders, simply focus on your breath when you realize what has happened. This exercise may help you learn to let go of distracting or tension-producing thought patterns.
- Visualization is a useful relaxation technique. When you have mastered the previous exercises, raise the tone or graph of the GSR to a higher starting level and teach yourself to lower it to your previous level. Visualize and experience in detail a pleasant situation. Observe its effects on the tone. Then visualize an unpleasant or stressful situation. If this raises the tone, concentrate on bringing it down again by switching back to the pleasant scene.
- This one is more difficult, but very rewarding if you master it. After you have succeeded in lowering the tone, visualize an anxiety-producing situation and try to maintain the low tone by countering your anxiety with relaxation. The purpose of this exercise is to encourage you to relax when confronted with a real stressful situation.

## Biofeedback Training Questionnaire

Date \_\_\_\_\_ Week # \_\_\_\_\_ Session # \_\_\_\_\_

Rate how stressful the day has been:

(low stress)    0    1    2    3    4    5    (high stress)

Describe specific things that happened at the times you felt particularly stressful:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Rate how stressful you felt before beginning your session on the Daily Stress Chart (next page), with 0 being no stress to 10 being maximum stress.

What physical sensations and/or emotional feelings or thoughts occurred in the session? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

What activities or methods for relaxing did you try today?  
\_\_\_\_\_  
\_\_\_\_\_

Did you feel that you were able to successfully relax?

- \_\_\_\_\_ at times  
\_\_\_\_\_ the entire session  
\_\_\_\_\_ not at all

How stressful did you feel after completing the session (on the daily Stress Chart)

Additional notes:  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



## DAILY STRESS CHARTS

		Stress Tension																			
		BEFORE BIOFEEDBACK										AFTER BIOFEEDBACK									
<b>WEEK 1</b>	Day																				
	1																				
	2																				
	3																				
	4																				
	5																				
	6																				
7																					
<b>WEEK 2</b>	Day																				
	1																				
	2																				
	3																				
	4																				
	5																				
	6																				
7																					
<b>WEEK 3</b>	Day																				
	1																				
	2																				
	3																				
	4																				
	5																				
	6																				
7																					
		1 2 3 4 5 6 7 8 9 10										1 2 3 4 5 6 7 8 9 10									
		<b>Stress Level</b>																			
		1- No Stress 10- Maximum Stress																			

		Stress Tension																			
		BEFORE BIOFEEDBACK										AFTER BIOFEEDBACK									
<b>WEEK 4</b>	Day																				
	1																				
	2																				
	3																				
	4																				
	5																				
	6																				
7																					
<b>WEEK 5</b>	Day																				
	1																				
	2																				
	3																				
	4																				
	5																				
	6																				
7																					
<b>WEEK 6</b>	Day																				
	1																				
	2																				
	3																				
	4																				
	5																				
	6																				
7																					
		1 2 3 4 5 6 7 8 9 10										1 2 3 4 5 6 7 8 9 10									
		<b>Stress Level</b>																			

## Weekly Journal Summary

Date \_\_\_\_\_

Week # \_\_\_\_\_

How would you rate the past week in terms of stressful events?

(low)            0    1    2    3    4    5    (high)

Describe some of the highlights, both good and bad, of the week?  
How did you handle the stressful events of the week?

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What are some of the key experiences you've felt in your training sessions this week?

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Do you feel that you were better able to cope with stress this week compared to last week?

(less able) 0   1    2    3    4    5    (better able)

## **OPTIONAL PROGRAMS AND ACCESSORIES**

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### **TEMPERATURE SENSOR (model # T 2063 )**

Stress also affects blood flow to the hands and feet. A sensitive temperature sensor is available, which simply plugs into the side of the biosensor, and the small sensor is attached by tape or Velcro to a finger or toe. The sensor is capable of detecting changes in surface temperature of less than 1/50th degree F. The goal in using temperature feedback is to increase hand or foot temperature. Although the graphs are not calibrated in degrees, you will be able to both hear and see these minute temperature variations.

### **BIOFEEDBACK BEHAVIORAL MANAGEMENT PROGRAMS**

Thought Technology has worked closely with leading clinicians to develop self-help programs, which can be used with Calmpute, or our independent tone feedback unit: GSR2. All programs have been extensively field tested and proven, and are easy and exciting to use. These programs consist of either 2 or 4 tapes with programmed workbooks, to teach you

- Stress Control
  - Weight Control
  - Stop Smoking
  - Sleep Well
  - Mind Over Muscle (sports)
  - Pain Control
  - Speak Confidently
  - Test Confidently
  - Flying Relaxed
  - Just Say Know
  - Breathing For Health
- Other programs are being developed

**FOR MORE INFORMATION IN THE U.S.A., CALL TOLL FREE:  
1-800-361 3651 or (514) 489-8251**

Calmpute™, an award winning program  
was developed by Thought Technology  
Ltd., The world's leading developer of  
biofeedback equipment.

 Thought Technology Ltd.