Date: _____

Music Listening Log

Developed by Betsey Zenk Nuseibeh, MM, MED, MT-BC

Rating Scale

0 (None)	1	2	3	4	5 (Most)
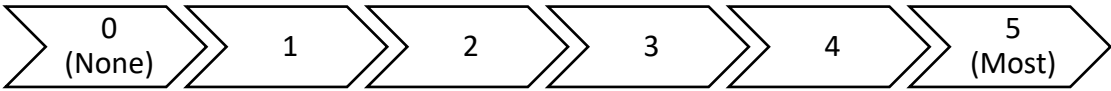
Playlists (categories)

- A. Attention focusing
- B. Energizing
- C. Relaxing
- D. Sleep inducing
- E. Spiritual
- F. Other
- G. Leftovers

Favorite Music Selections (music with happy memories)	Rate Relaxation	Rate Enjoyment	Playlist Category
Childhood 1. 2. 3.			
Teenage years 1. 2. 3.			
Television, movies, concerts 1. 2. 3.			
Relationships 1. 2. 3.			
Milestones, celebrations 1. 2. 3.			
Vacations 1. 2.			

3.			
Religious or spiritual occasions 1. 2. 3.			
Recent listening 1. 2. 3.			

Match Your Music	Playlist
Good morning	
Off to work	
Household chores	
Time to unwind	
Stressful moments	
Painful encounters	
Bedtime	
Weekends	
Travel	
Other	

Reference:

Hanser, S. & Mandel, S. (2010). *Manage your stress and pain through music*. Berklee Press.