Cognitive Behavioral Therapy.Learn and Practice Relaxation Skill Academic Level : Bachelor Paper details This assignment is designed to help you learn, practice, and evaluate a CBT-based relaxation skill. First choose a skills such as Progressive Muscle Relaxation, Deep breathing, Imagery, Meditation, Mindfulness, or another evidence-based activity. Then, practice this activity toughly once a day for a period of 7-10 days. Record the experience on the form below. Then write a brief reflection paper (1-2 pages) describing the experience and submit both your record form and the paper.