

Weekly Practice Record

Goals for Week

Date: _____

1. _____
2. _____
3. _____

	Su	Mo	Tu	We	Th	Fr	Sa
Used deep breathing technique (___ x a day ___ minutes)							
Used deep relaxation technique (___ x a day ___ minutes)							
Did one-half hour vigorous exercise							
Used coping techniques to manage panic*							
Used affirmations to counter mistaken beliefs (___ x a day ___ minutes)							
Practiced imagery desensitization (___ minutes per day)							
Practiced real-life desensitization (___ minutes per day)							
Identified/expressed feelings							
Practiced assertive communication with _____							
Self-esteem: worked on improving body image							
Self-esteem: took steps toward achieving goals							
Nutrition: eliminated caffeine/sugar/stimulants							
Nutrition: ate only whole, unprocessed foods							
Medication: used appropriate medications as prescribed by doctor							
Meaning: worked on discovering/realizing life purpose							
Spirituality: utilized spiritual beliefs and practices to reduce anxiety							
Other							

* e.g., progressive muscle relaxation, visualization, or meditation

Mood Diary

Monday	☹️	😊	☺️	☺️	+	Good things today:						
	1	2	3	4	5	6	7	8	9	10	-	Bad things today:
Tuesday	☹️	😊	☺️	☺️	+	Good things today:						
	1	2	3	4	5	6	7	8	9	10	-	Bad things today:
Wednesday	☹️	😊	☺️	☺️	+	Good things today:						
	1	2	3	4	5	6	7	8	9	10	-	Bad things today:
Thursday	☹️	😊	☺️	☺️	+	Good things today:						
	1	2	3	4	5	6	7	8	9	10	-	Bad things today:
Friday	☹️	😊	☺️	☺️	+	Good things today:						
	1	2	3	4	5	6	7	8	9	10	-	Bad things today:
Saturday	☹️	😊	☺️	☺️	+	Good things today:						
	1	2	3	4	5	6	7	8	9	10	-	Bad things today:
Sunday	☹️	😊	☺️	☺️	+	Good things today:						
	1	2	3	4	5	6	7	8	9	10	-	Bad things today:

In case of a setback...

How can I make sense of this?

What events / triggers led up to this setback? How did I react to this? What did I do? What did I think? What did I feel?

What have I learnt from it?

Was this a high-risk situation? Are there things that I can identify are difficult? What helped and what didn't?

With hindsight, what would I do differently?

When I think / feel.....what could I do instead?

Maintaining Progress

What have I learned?

What was most useful?

What can I continue to do to prevent a setback?

What are my high risk situations of this happening?
What events / situations / triggers cause me to be more vulnerable?

What are the signs?
Thoughts / feelings / behaviours

What can I do to avoid losing control?
What could I do differently? What would work best?
When I'm struggling or feeling bad, what could I do that will help?

What could I do if I did lose control?
What has helped? What have I learned? Who can help?

Exposure Homework Sheet

Exercise: *What will I do? How long for?*

Feared situation		Exercise: <i>What will I do? How long for?</i>				
Day / Time	Thoughts <i>What might happen? What's the worst thing about it? How likely is this to happen?</i>	Anxiety rating 0 - 10 Before	Anxiety rating 0 - 10 During	Anxiety rating 0 - 10 After	Duration	Comments <i>What happened? What did you do? How was your anxiety affected? What helped? What didn't help? What could you do differently next time?</i>