

Worksheet 5

My goals for beating my panic disorder

<p>Goal 1:</p> <p>.....</p> <p>.....</p>														
<p>I can do this now (Today's date ___/___/___)</p> <p>(circle a number):</p> <table><tr><td>0</td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td></tr><tr><td>Not at all</td><td></td><td>Occasionally</td><td></td><td>Often</td><td></td><td>Any time</td></tr></table>	0	1	2	3	4	5	6	Not at all		Occasionally		Often		Any time
0	1	2	3	4	5	6								
Not at all		Occasionally		Often		Any time								
<p>One month re-rating (date ___/___/___)</p> <p>(circle a number):</p> <table><tr><td>0</td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td></tr><tr><td>Not at all</td><td></td><td>Occasionally</td><td></td><td>Often</td><td></td><td>Any time</td></tr></table>	0	1	2	3	4	5	6	Not at all		Occasionally		Often		Any time
0	1	2	3	4	5	6								
Not at all		Occasionally		Often		Any time								
<p>Two month re-rating (date ___/___/___)</p> <p>(circle a number):</p> <table><tr><td>0</td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td></tr><tr><td>Not at all</td><td></td><td>Occasionally</td><td></td><td>Often</td><td></td><td>Any time</td></tr></table>	0	1	2	3	4	5	6	Not at all		Occasionally		Often		Any time
0	1	2	3	4	5	6								
Not at all		Occasionally		Often		Any time								
<p>Three month re-rating (date ___/___/___)</p> <p>(circle a number):</p> <table><tr><td>0</td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td></tr><tr><td>Not at all</td><td></td><td>Occasionally</td><td></td><td>Often</td><td></td><td>Any time</td></tr></table>	0	1	2	3	4	5	6	Not at all		Occasionally		Often		Any time
0	1	2	3	4	5	6								
Not at all		Occasionally		Often		Any time								

Goal 2:

.....

.....

I can do this now (Today's date __/__/__)
(circle a number):

0 1 2 3 4 5 6
Not at all Occasionally Often Any time

One month re-rating (date __/__/__)
(circle a number):

0 1 2 3 4 5 6
Not at all Occasionally Often Any time

Two month re-rating (date __/__/__)
(circle a number):

0 1 2 3 4 5 6
Not at all Occasionally Often Any time

Three month re-rating (date __/__/__)
(circle a number):

0 1 2 3 4 5 6
Not at all Occasionally Often Any time

Goal 3:

.....

.....

I can do this now (Today's date __/__/__)

(circle a number):

0 1 2 3 4 5 6
Not at all Occasionally Often Any time

One month re-rating (date __/__/__)

(circle a number):

0 1 2 3 4 5 6
Not at all Occasionally Often Any time

Two month re-rating (date __/__/__)

(circle a number):

0 1 2 3 4 5 6
Not at all Occasionally Often Any time

Three month re-rating (date __/__/__)

(circle a number):

0 1 2 3 4 5 6
Not at all Occasionally Often Any time