

My goals for feeling better

G	oal 1:											
				Т	oday's da	ite/_	/					
I can do this now (end of treatment rating;												
	can do cle a ni			d of tre	atment r	ating;						
	0	1	2	3	4	5	6					
	Not at	all	Occasion	nally	Often	Any ti	ime					

How to Beat Agoraphobia One Step at a Time

				Today's d	ate/	/
I can do t circle a nu			d of tr	eatment	rating;	
0	1	2	3	4	5	6
Not at a	all	Occasio	nally	Often	Any	time
Goal 3:	•••••					
Goal 3:						
I can do t	:his n	ow (en		Today's d	ate/	
Goal 3:	this n	ow (en	d of tr	Today's d	ate/	

Take a moment to reflect on how far you have come. Perhaps there are other things that have changed that