



My goals for overcoming my agoraphobia

Goal 1:

.....

.....

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

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

(circle a number):

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

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Three-month re-rating

(date ___/___/___)

(circle a number):

0

1

2

3

4

5

6

Not at all

Occasionally

Often

Any time