My goals for overcoming my agoraphobia

Goal 1: ……

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……

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 2: .....

.....

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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: .....

.....

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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	