

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 Not at all Occasionally Often Any time

How to Beat Agoraphobia One Step at a Time

Three-month (circle a numb	_	(d	(date/)			
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 (circle a numb		(d	ate/)			
0 1	2 3	4	5 6			
Not at all	Occasionally	Often	Any time			
Two-month (circle a numb	re-rating er):	(d	ate/)			
0 1	2 3	4	5 6			
Not at all	Occasionally	Often	Any time			

Three-month (circle a numb	(date/)					
0 1	2	3	4	5 6		
Not at all	Occasior	nally	Often	Any time	j	
Goal 3:						
doar 5						
I can do this now (Today's date/) (circle a number):						
0 1	2	3	4	5 6		
Not at all	Occasion	nally	Often	Any time	è	
One-month re-rating (date//)						
(circle a numb	er):					
0 1	2	3	4	5 6		
Not at all	Occasion	nally	Often	Any time	j	
Tura magazila			7.1		, \	
Two-month (circle a numb	_		(da	ate/	()	
0 1	2	3	4	5 6		
Not at all	Occasion	nally	Often	Any time	5	

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Three-month re-rating (circle a number):				(date//)			
0 Not a	1 t all	2 Occasio	3 onally	4 Often	5 An <u>y</u>	6 y time	