

<p>What behaviours and/or rituals should I stop?</p>	<p>What problems do I think will occur if I stop the behaviour?</p>	<p>What do I predict the severity of the anticipated problems will be? Rate from 0 to 100% (100% is the most severe). (Record this <i>before</i> exposure)</p>	<p>The actual severity of the problems I experienced. Rate from 0 to 100% (100% is the most severe). (Record this <i>after</i> exposure)</p>
<p>Behaviour/ritual</p>	<p>Problem number 1 Problem number 2 Problem number 3 Problem number 4</p>	<p>?% ?% ?% ?%</p>	<p>Day 1: ?% ?% ?% ?%</p>

Day 2:

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Day 3:

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Day 4:

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Day 5:

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Day 6:

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Day 7:

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What did I learn?