

My Breaking-the-Links Plan Diary

Here is a diary to record whether or not you manage your actions each time there is a chance to try them out. You will need this diary each time you are tempted to carry out your problem behaviour. Be kind to yourself and remember it will take time and practice:

Get Your Life Back

Date and time	My action	Did I manage this step?		Did I carry out my problem behaviour?		What do I need to do differently next time (if anything)?
		YES	NO	YES	NO	
		YES	NO	YES	NO	
		YES	NO	YES	NO	
		YES	NO	YES	NO	