

Keeping the skills I've learned in this book fresh

What are the key points involved in keeping a Panic Diary or engaging with the Exposure techniques?

Even if you are feeling well, take a few moments to read through Section 3 again to remind yourself about the key points of Exposure – and steps needed to carry it out. This is a great way to ensure you know what to do if you need the skills again.

Do I feel confident I know when and how to use the Panic Diary or to engage with the Exposure techniques again if I need to?

What is the main aim of the Panic Diary and the way in which Exposure works?

Date of my next review day:.....

Put it in your calendar or somewhere you'll see it as a reminder.

Date:.....