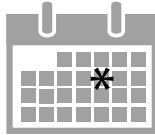


Rating my goals



My goals for feeling better

Goal 1:

.....

..... Today's date ___/___/___

I can do this now (circle a number):

0 1 2 3 4 5 6
Not at all Occasionally Often Any time

One month re-rating (Today's date ___/___/___)

(circle a number):

0 1 2 3 4 5 6
Not at all Occasionally Often Any time

Two month re-rating (Today's date ___/___/___)

(circle a number):

0 1 2 3 4 5 6
Not at all Occasionally Often Any time

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Three month re-rating (Today's date ___/___/___)
(circle a number):

0	1	2	3	4	5	6
Not at all		Occasionally		Often		Any time

Goal 2:

.....

.....Today's date ___/___/___

I can do this now (circle a number):

0	1	2	3	4	5	6
Not at all		Occasionally		Often		Any time

One month re-rating (Today's date ___/___/___)
(circle a number):

0	1	2	3	4	5	6
Not at all		Occasionally		Often		Any time

Two month re-rating (Today's date ___/___/___)
(circle a number):

0	1	2	3	4	5	6
Not at all		Occasionally		Often		Any time

Three month re-rating (Today's date ___/___/___)
(circle a number):

0 1 2 3 4 5 6
Not at all Occasionally Often Any time

Goal 3:

.....

..... Today's date ___/___/___

I can do this now (circle a number):

0 1 2 3 4 5 6
Not at all Occasionally Often Any time

One month re-rating (Today's date ___/___/___)
(circle a number):

0 1 2 3 4 5 6
Not at all Occasionally Often Any time

Two month re-rating (Today's date ___/___/___)
(circle a number):

0 1 2 3 4 5 6
Not at all Occasionally Often Any time

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Three month re-rating (Today's date ___/___/___)
(circle a number):

0	1	2	3	4	5	6
Not at all		Occasionally		Often		Any time