

LOOK AT YOU GO

How did your last target go?

Look back at your list of obsessions/compulsions in Chapter 3. What did you put as the next easiest to stop? If your obsessions or compulsions have changed is there a new target you want to work on?

What is your target? Is it something you want to completely stop or would you just like to reduce the time spent doing it?

How many times will you tackle your target a day?

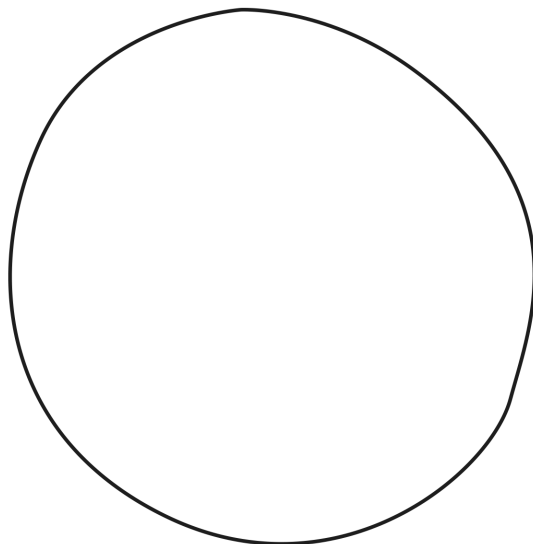
What times of the day?

Use this page to think about the best/worst-case scenarios if you didn't carry out your rituals/checking behaviour. Then with the worst-case scenario, share the blame in the pie chart with other factors that would contribute.

Best-case scenario



Worst-case scenario



Use this as your blame pie chart.

FACTORS THAT COULD HAVE
AFFECTED THOUGHTS/
BEHAVIOURS

THOUGHTS/BEHAVIOURS
(WHEN I HAVE ACHIEVED MY
TARGET / WRITE 'NONE')

ANXIETY
-- --
MINUTES
AFTER

ANXIETY
STRAIGHT
AFTER

ANXIETY
DURING

ANXIETY
BEFORE

TIME/
DATE

KEEP GOING!

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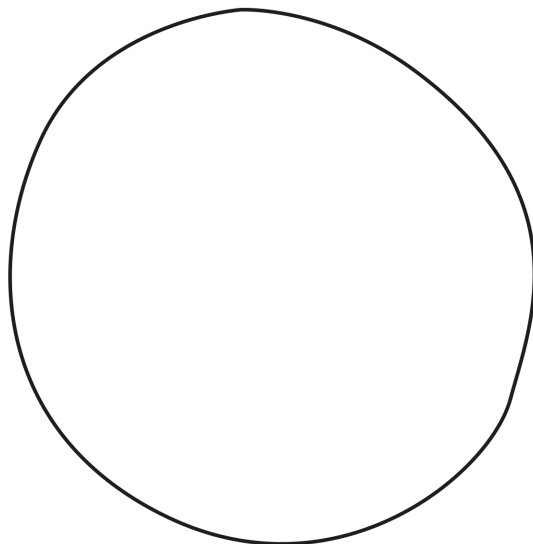
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Worst-case scenario



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KEEP IT UP!

How did your last target go?

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How many times will you tackle your target a day?

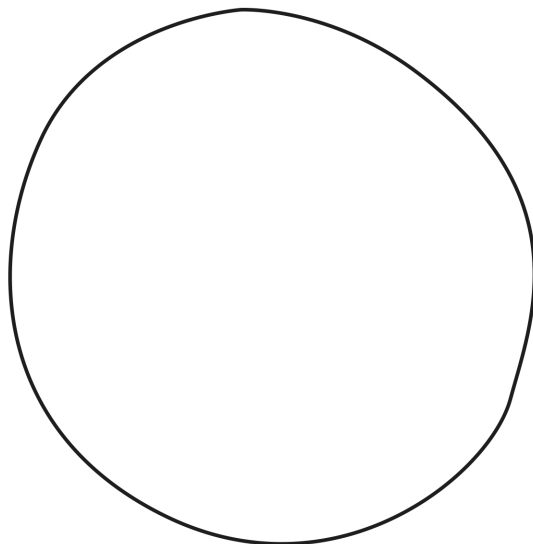
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Best-case scenario



Worst-case scenario



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WHAT NEXT?

How did your last target go?

Look back at your list of obsessions/compulsions in chapter 3. What did you put as the next easiest to stop? If your obsessions or compulsions have changed is there a new target you want to work on?

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How many times will you tackle your target a day?

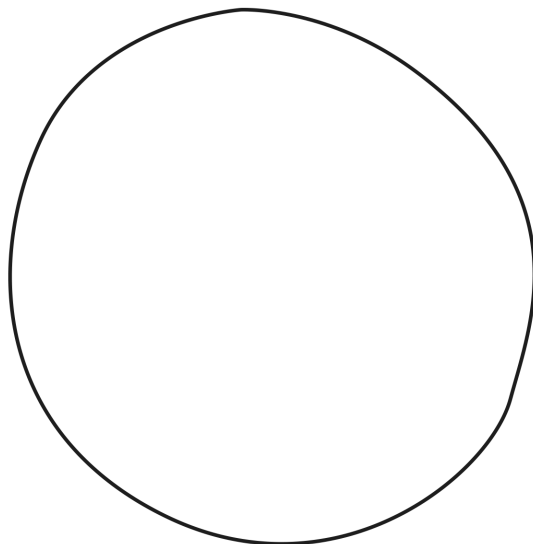
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Best-case scenario



Worst-case scenario



Use this as your blame pie chart.

FACTORS THAT COULD HAVE
AFFECTED THOUGHTS/
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THOUGHTS/BEHAVIOURS
(WHEN I HAVE ACHIEVED MY
TARGET / WRITE 'NONE')

ANXIETY
-- --
MINUTES
AFTER

ANXIETY
STRAIGHT
AFTER

ANXIETY
DURING

ANXIETY
BEFORE

TIME/
DATE
