

Personal Rating Chart

Symptom or problem:											Name:			
Target problem procedure:											Start date:			
A	better													
RECOGNITION	no change													
Rate how skilled and quick you are at seeing the pattern	worse													
B	better													
STOPPING AND REVISING	no change													
Rate how far you are able to stop the pattern	worse													
		1	2	3	4	5	6	7	8	9	10	11	12	13
AIM														
Alternatives or exits:														

