

# Appendix V

## Graded Practice Diary

This is a diary sheet to note down the goals you work on each day/week. Rate the anxiety you feel before and after conducting each goal to see what happens to your anxiety over time and after practising each goal a few times.

Anxiety rating: 1 = low anxiety; 10 = very high anxiety

Date	Goals	Anxiety Rating (1–10)		Comments
		Before	After	