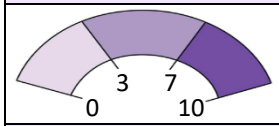
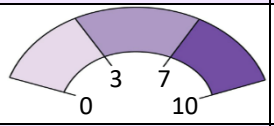
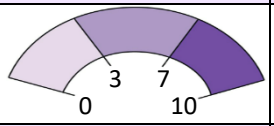
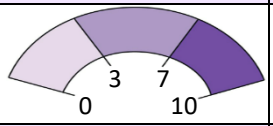
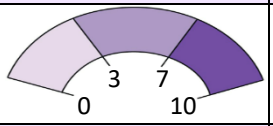
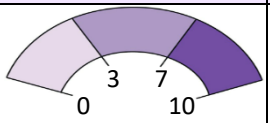
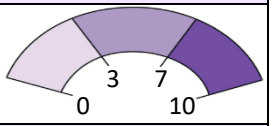
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
How strong was your urge today?	**How strong was your urge today?**	**How strong was your urge today?**	**How strong was your urge today?**	**How strong was your urge today?**	**How strong was your urge today?**	**How strong was your urge today?**
						
What was your brain remembering or thinking right before?	**What was your brain remembering or thinking right before?**	**What was your brain remembering or thinking right before?**	**What was your brain remembering or thinking right before?**	**What was your brain remembering or thinking right before?**	**What was your brain remembering or thinking right before?**	**What was your brain remembering or thinking right before?**
How did your heart feel?	**How did your heart feel?**	**How did your heart feel?**	**How did your heart feel?**	**How did your heart feel?**	**How did your heart feel?**	**How did your heart feel?**
Feeling / #	Feeling / #	Feeling / #	Feeling / #	Feeling / #	Feeling / #	Feeling / #
What alarm symptoms did your body feel?	**What alarm symptoms did your body feel?**	**What alarm symptoms did your body feel?**	**What alarm symptoms did your body feel?**	**What alarm symptoms did your body feel?**	**What alarm symptoms did your body feel?**	**What alarm symptoms did your body feel?**
Racing heart	Racing heart	Racing heart	Racing heart	Racing heart	Racing heart	Racing heart
Tense muscles	Tense muscles	Tense muscles	Tense muscles	Tense muscles	Tense muscles	Tense muscles
Weird tummy	Weird tummy	Weird tummy	Weird tummy	Weird tummy	Weird tummy	Weird tummy
Other:	Other:	Other:	ther:	Other:	Other:	Other:
Which coping skills did you use? Or could you use next time?	**Which coping skills did you use? Or could you use next time?**	**Which coping skills did you use? Or could you use next time?**	**Which coping skills did you use? Or could you use next time?**	**Which coping skills did you use? Or could you use next time?**	**Which coping skills did you use? Or could you use next time?**	**Which coping skills did you use? Or could you use next time?**
Belly Breaths	Belly Breaths	Belly Breaths	Belly Breaths	Belly Breaths	Belly Breaths	Belly Breaths
Muscle Relaxers	Muscle Relaxers	Muscle Relaxers	Muscle Relaxers	Muscle Relaxers	Muscle Relaxers	Muscle Relaxers
Channel Switching	Channel Switching	Channel Switching	Channel Switching	Channel Switching	Channel Switching	Channel Switching
Finger tapping	Finger tapping	Finger tapping	Finger tapping	Finger tapping	Finger tapping	Finger tapping
Other:	Other:	Other:	Other:	Other:	Other:	Other:
Mom, what are you are proud of today?	**Mom, what are you are proud of today?**	**Mom, what are you are proud of today?**	**Mom, what are you are proud of today?**	**Mom, what are you are proud of today?**	**Mom, what are you are proud of today?**	**Mom, what are you are proud of today?**