

# Behavioral Pattern Breaking

Use the worksheet below to help the client focus on tasks they expect to cause them distress, based on prior experience. The client can compare expected versus actual distress scores and use their healthy alter ego to engage in positive dialogue.

Day / Time	Expectation of task		Actual task experience		Anything else I noticed? (including other modes)
	Name	Expected Distress Score (Out of 10)	How did it go?	Actual Distress Score (Out of 10)	