

Form 9.4 – Skills for Doing Tracking Sheet

Use this form to record your experience changing your behaviors by using *Alternative Actions* and *Planned Exposures*. Remember, Alternative Action means you will choose to do something different than what you've done in the past. Plan Exposures for larger challenges.

Date	Situation	Unhelpful Behavior	Alternative Action	Planned Exposure	Short-term vs. Long-term Outcome
					Short Term: Long Term: Consistent with values?
					Short Term: Long Term: Consistent with values?
					Short Term: Long Term: Consistent with values?