

# Tim - my story



With the aid of his Psychological Wellbeing Practitioner Tim decided on the following goals:

# Tim's ERP hierarchy

Write each step in your hierarchy below

✦ Most difficult...

Stress / anxiety  
rating (0-100%)

✦ More difficult...

Stress / anxiety  
rating (0-100%)

✦ Easier...

Stress / anxiety  
rating (0-100%)

# My ERP recording diary



Date & time	Duration	Exercise	Rating of distress/anxiety level			Comments
			Before exercise	Start of exercise	End of exercise	



