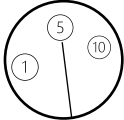


	Your Individual Program	
	Analyse your difficulties by breaking down the problem into various components.	Image a dial 1 - 10 1 = total relaxation 5 = awake & busy 10 Worse case scenarios / anxiety
For example		
Cue or trigger	Touching a cup or plate that someone else has used at home	9
Ritual	Washing my hands with soap repeatedly until my hands feel clean	4
Cue or trigger	Having an image of harming my child	10
Ritual	Telling myself I love my child and would never harm it, making sure my partner is around when I am near my child	5
Cue or trigger		
Ritual		
Cue or trigger		
Ritual		
Cue or trigger		
Ritual		
Cue or trigger		
Ritual		