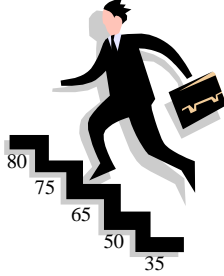


GRADING TASKS FOR ANXIETY AND DEPRESSION



Use the space below to plan how you can break the goal down in to more manageable steps, to work towards over time.

GOAL:	DISTRESS 0-100 (if relevant)

	STEP	DISTRESS 0-100 (if relevant)

You can use this sheet to plan how you will work through your graded task during the Mood Management Course. You can also use this kind of format to plan other goals that you might want to achieve in the future.