



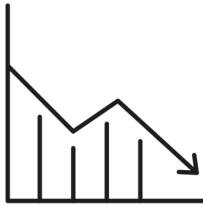
COGNITIVE BEHAVIOURAL THERAPY

STRATEGIES (A 10-PART SERIES)

PART **9** **MANAGING ANXIETY PLAN**

BrantfordPAC.com/Wellness

TRACKING PROGRESS OVER TIME



1. **Choose Timeframe:** Select timeframe (days or weeks)
2. **Plot Points:** Mark progress points
3. **Connect Points:** Connect points with a line
4. **Annotations (optional):** Mark significant events that may influence progress
5. **Review and Use:** Track trends and plan based on data

