

Daily Willingness Diary

| Day | What was the experience? | What were your feelings while it was happening? | What were your thoughts while it was happening? | What were your bodily sensations while it was happening? | What did you do to handle your feelings, thoughts, or bodily sensations? |
|--------------|--------------------------|-------------------------------------------------|-------------------------------------------------|----------------------------------------------------------|--------------------------------------------------------------------------|
| <u>Day 1</u> | | | | | |
| <u>Day 2</u> | | | | | |
| <u>Day 3</u> | | | | | |
| <u>Day 4</u> | | | | | |
| <u>Day 5</u> | | | | | |
| <u>Day 6</u> | | | | | |
| <u>Day 7</u> | | | | | |

Reference:

Twohig,M.P., Abramowitz,J.S., Smith,B.M., Fabricant,L.E., Jacoby,R.J., Morrison,K.L., Bluett,E.J., Reuman,L., Blakey,S.M., & Ledermann,T. (2018). Adding acceptance and commitment therapy to exposure and response prevention for obsessive-compulsive disorder: A randomized controlled trial.*BehaviourResearch and Therapy,108*, 1–9.

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