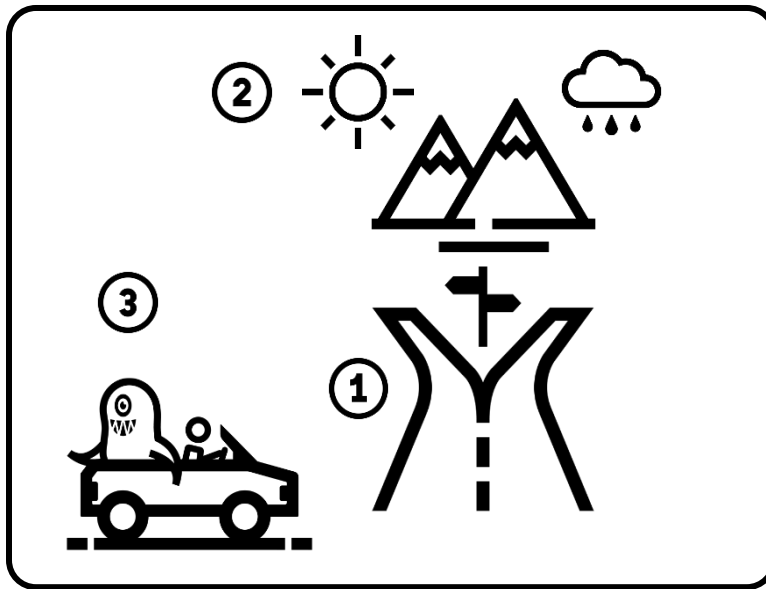


The Guide to Your Action Plan Worksheet

By Kate Morrison, Ph.D.



1. My goal is to:	2. This goal is important to me because:	3. The thoughts, memories, feelings, sensations, urges, and obsessions that make it hard to reach this goal are:

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