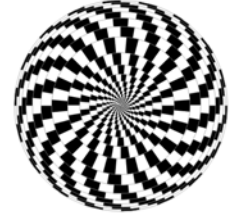


INTENTIONS



ACTION

Psychological A R T S



Name: _____

Date: _____

This data sheet provides an opportunity to track how your intentions play out in real time. In the "Will Statement" box write out your intention in the following format: **When I encounter** the Trigger Cue, **I will execute** the Intended Action.

- Self-organization example: "Every morning at 8 AM I will spend 15 minutes to plan for the day ahead."
- Alcohol dependency example: "Whenever I think I can have just one drink, I will relive the last 3 times I believed that."
- Panic attack example: "Whenever I notice an early warning sign of a panic attack I will do my deep breathing exercise."

Will Statement

Record of Observations

In the space below, please write your observations of what happened each time you encountered the "Trigger Cue" [use the back for more space].

1.

2.

3.

4.

5.

6.

7.