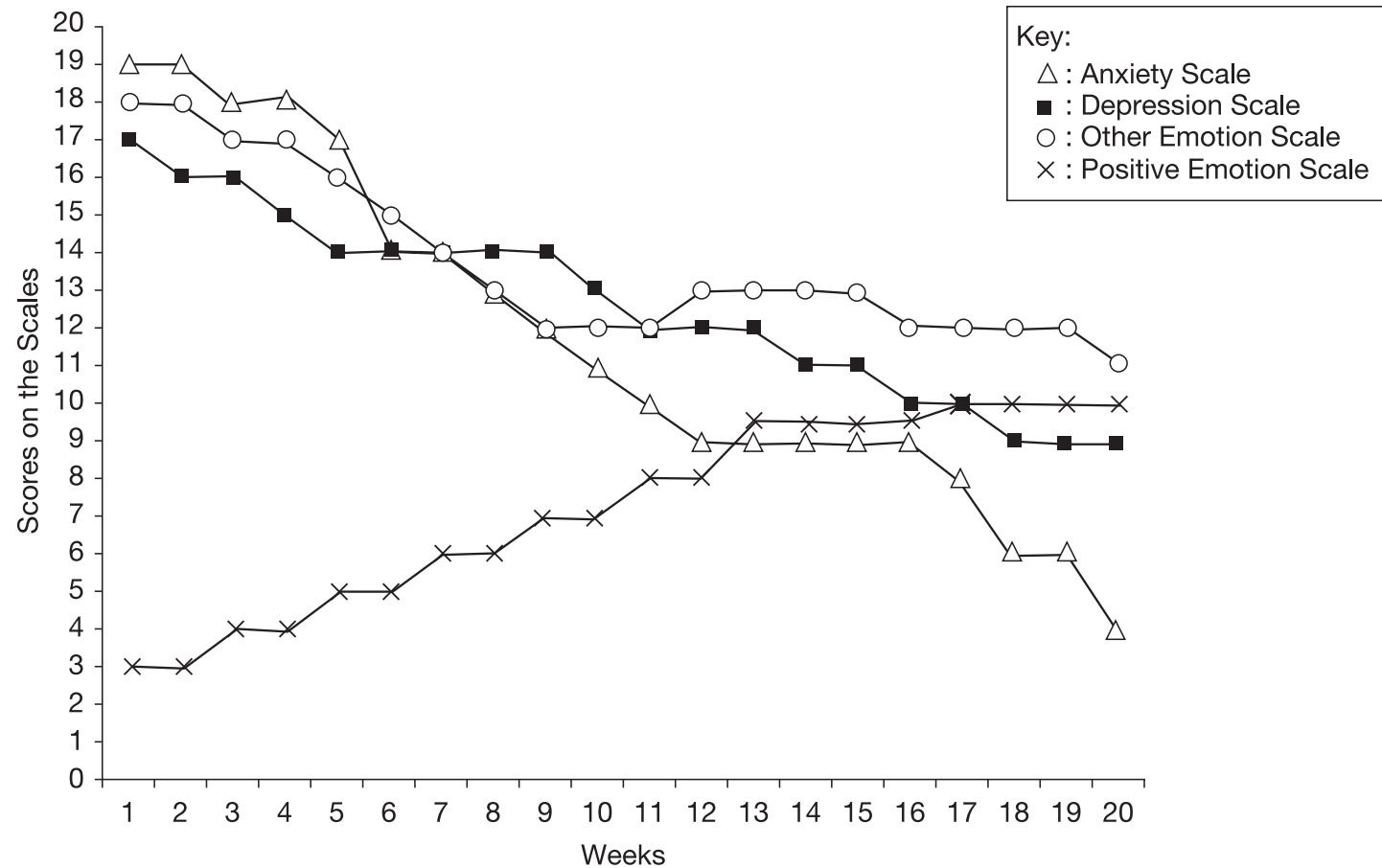


Example Form 3.5: Progress Record

Use this form to plot your scores from the Anxiety and Depression Scales (as well as the Other Emotion and Positive Emotion Scales, if you are using them).



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