

Pacing Consistency Worksheet

To assess your use of strategies for consistency and to plan what to do next, complete the worksheet below. First, check the strategies you have tried already; rate them from -5 (made me much worse) through 0 (no effect) to +5 (very helpful); and check those treatments you want to try in the future. Then, using your answers, choose one or two areas to work on at a time.

	Tried Y/N	Rating -5/+5	Use in Future
Make changes gradually			
Use routines & a daily schedule			
Use reminders			
Use timer, pedometer & other devices			
Develop personal rules			
Listen to your body			
Stop and choose			
Use assertiveness			
Forgive yourself			
Adjust expectations			
Keep records			

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