

Between-session practice log

One line a day, so the pattern is visible rather than remembered

Most of the change happens between appointments. This log is not a test and it is not there to be perfect: a week with three entries and an honest note about what got in the way is more useful than a blank sheet.

This week

DAY	WHAT I PRACTISED	DROPPED THE COMPULSION?	WHAT I NOTICED AFTERWARDS
Mon			
Tue			
Wed			
Thu			
Fri			
Sat			
Sun			

At the end of the week

What went better than I expected

What got in the way

What I want to take to the next session

A worksheet, not treatment, advice about your situation or a diagnosis. It is best used alongside a qualified clinician. If using it makes things worse, stop and speak to your GP or clinician, and in an emergency call 999. Written by Anxiety CBT Ltd and free to print for personal or clinical use, unchanged and with this footer left on. Not for sale. © 2026 Anxiety CBT Ltd · Dr Daniel O'Rourke · anxietycbt.co.uk/resources/practice-log