## Be Your Own Cognitive Coach (BYOCC) Worksheet (continued)

Dehriefing	g After the	Exposure
	WATER COLUMN	LABOSUIC

7.	Did you achieve your goal? (Watch out for Disqualifying the Positive!)
8.	Review the ATs you had during the exposure.
	Expected ATs (The ATs you had that you expected to have)
	How well did the Rational Response(s) combat these ATs? (Revise if necessary)
	Unexpected ATs (Challenge and develop Rational Responses for these for next time)
	Unexpected Als (Clamerige and develop national nesponses for these for most dailey
9.	What did you learn? (Summarize 1-2 main points you learned from this exposure that you can use in the future.)
Rei	member, you are vesting Anxiety for a Calmer Future
	resting Anxiety for a Camier Fature
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