



STEP PLANNER

What step will I do?	Worry rating?
What do I think will happen?	What did I learn?
What reward did I receive?	If I did the step again, how worried would I be?
What step will I do?	Worry rating?
What do I think will happen?	What did I learn?
What reward did I receive?	If I did the step again, how worried would I be?