

Self-Monitoring of Rituals

Name _____

Date _____

| Time of Day | Situation/Activity/Thought which evokes the ritual | SUDS (0-100) | Description of ritual | Number of minutes spent on ritual |
|-----------------------|---|---------------------|------------------------------|--|
| 6:00 – 6:30 A.M. | | | | |
| 6:30 – 7:00 | | | | |
| 7:00 – 7:30 | | | | |
| 7:30 – 8:00 | | | | |
| 8:00 – 8:30 | | | | |
| 8:30 – 9:00 | | | | |
| 9:00 – 9:30 | | | | |
| 9:30 – 10:00 | | | | |
| 10:00 – 10:30 | | | | |
| 10:30 – 11:00 | | | | |
| 11:00 – 11:30 | | | | |
| 11:30 – 12:00 P.M. | | | | |
| 12:00 – 12:30 | | | | |
| 12:30 – 1:00 | | | | |
| 1:00 – 1:30 | | | | |
| 1:30 – 2:00 | | | | |
| 2:00 – 2:30 | | | | |
| 2:30 – 3:00 | | | | |
| 3:00 – 3:30 | | | | |

| Time of Day | Situation/Activity/Thought which evokes the ritual | SUDS (0-100) | Description of ritual | Number of minutes spent on ritual |
|-----------------------|---|---------------------|------------------------------|--|
| 3:30 – 4:00 | | | | |
| 4:00 – 4:30 | | | | |
| 4:30 – 5:00 | | | | |
| 5:00 – 5:30 | | | | |
| 5:30 – 6:00 | | | | |
| 6:00 – 6:30 | | | | |
| 6:30 – 7:00 | | | | |
| 7:00 – 7:30 | | | | |
| 7:30 – 8:00 | | | | |
| 8:00 – 8:30 | | | | |
| 8:30 – 9:00 | | | | |
| 9:00 – 9:30 | | | | |
| 9:30 – 10:00 | | | | |
| 10:00 – 10:30 | | | | |
| 10:30 – 11:00 | | | | |
| 11:00 – 11:30 | | | | |
| 11:30 – 12:00 A.M. | | | | |
| 12:00 – 6:00 | | | | |