What I did when I had to have a test or procedure.

Keep a record of the tests you had and the skills that you used to make you feel less worried about them:

<table>
<thead>
<tr>
<th>1._________</th>
<th>2._________</th>
<th>3._________</th>
<th>4._________</th>
<th>5._________</th>
<th>6._________</th>
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</thead>
</table>

- Muscle relaxation
- Positive self-talk
- Mind pictures
- Busy brainwaves
- Calm breathing

TESTS TAKEN:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.