Calm counts/tolerance of stressors

Each data sheet should be used for one stressor. This sheet tracks: _____

Fill in one column per day, and list the phase Ryan is on. For successes at the current phase level, circle numbers from the bottom toward the top. For failures, "x" numbers from the top to the bottom. Score an "x" if it is necessary to pause the calm count, even one time.

Phase 1-proactive calm counts and reinforcement

Phase 2-proactive calm counts, you taper off during the count, reinforce

Phase 3a-warn Ryan that the stressor is coming, but do not conduct a calm count. Reinforce.

Phase 3b-same as 3a, but do not reinforce.

Phase 4a-no warning, no calm count, reinforce successes

Phase 4b-same as above, but not reinforcement. This is the "real world"

	8	8	8	8	8	8	8	8	8
	7	7	7	7	7	7	7	7	7
	6	6	6	6	6	6	6	6	6
	5	5	5	5	5	5	5	5	5
	4	4	4	4	4	4	4	4	4
	3	3	3	3	3	3	3	3	3
	2	2	2	2	2	2	2	2	2
	1	1	1	1	1	1	1	1	1
Date									
Phase									

Comments: