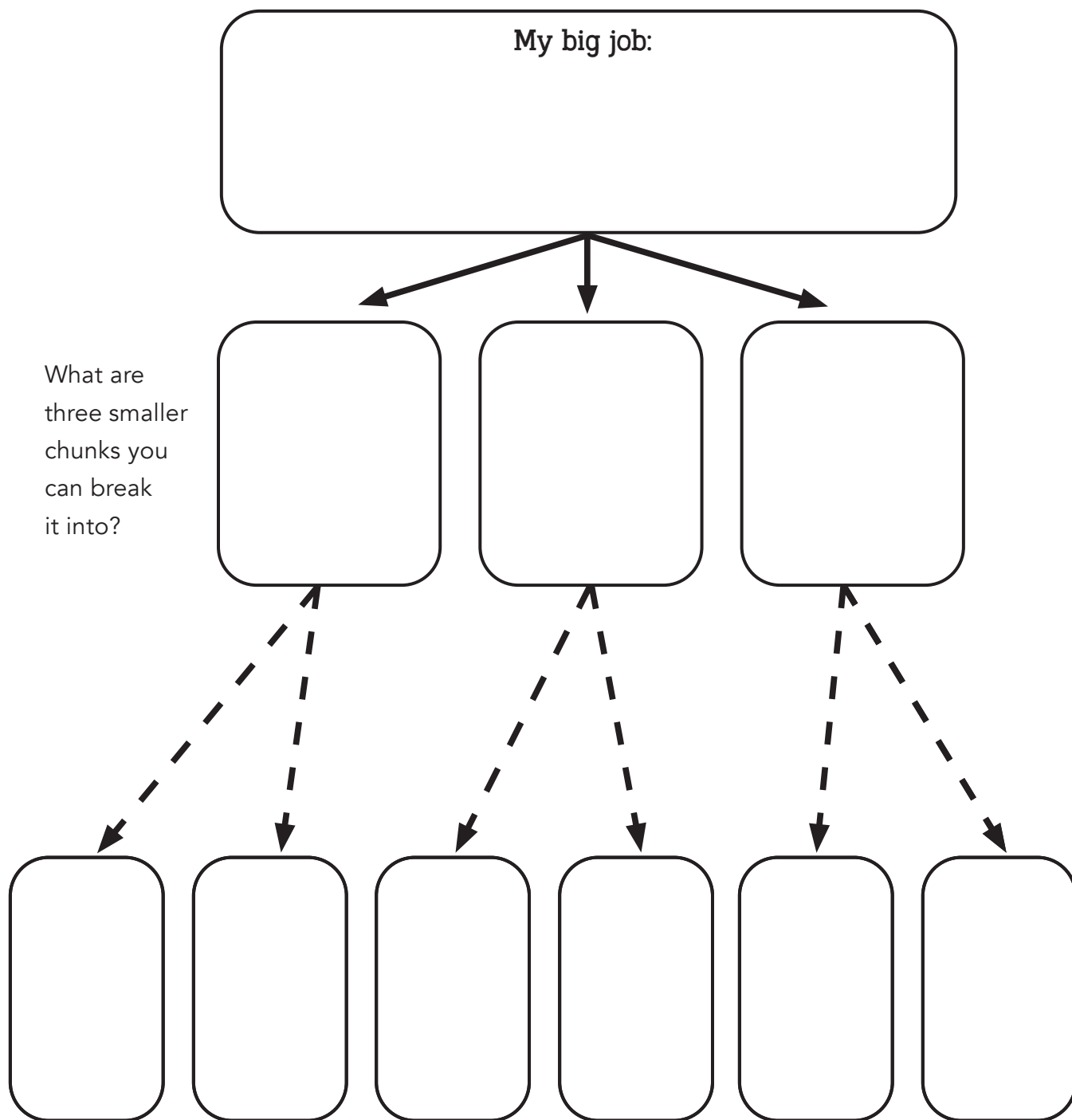


Practice: Break It Down



Use the additional boxes above if you need to break your tasks into even smaller pieces.

You can find a blank copy of this form at sethgillihan.com/books/CBT-parents.