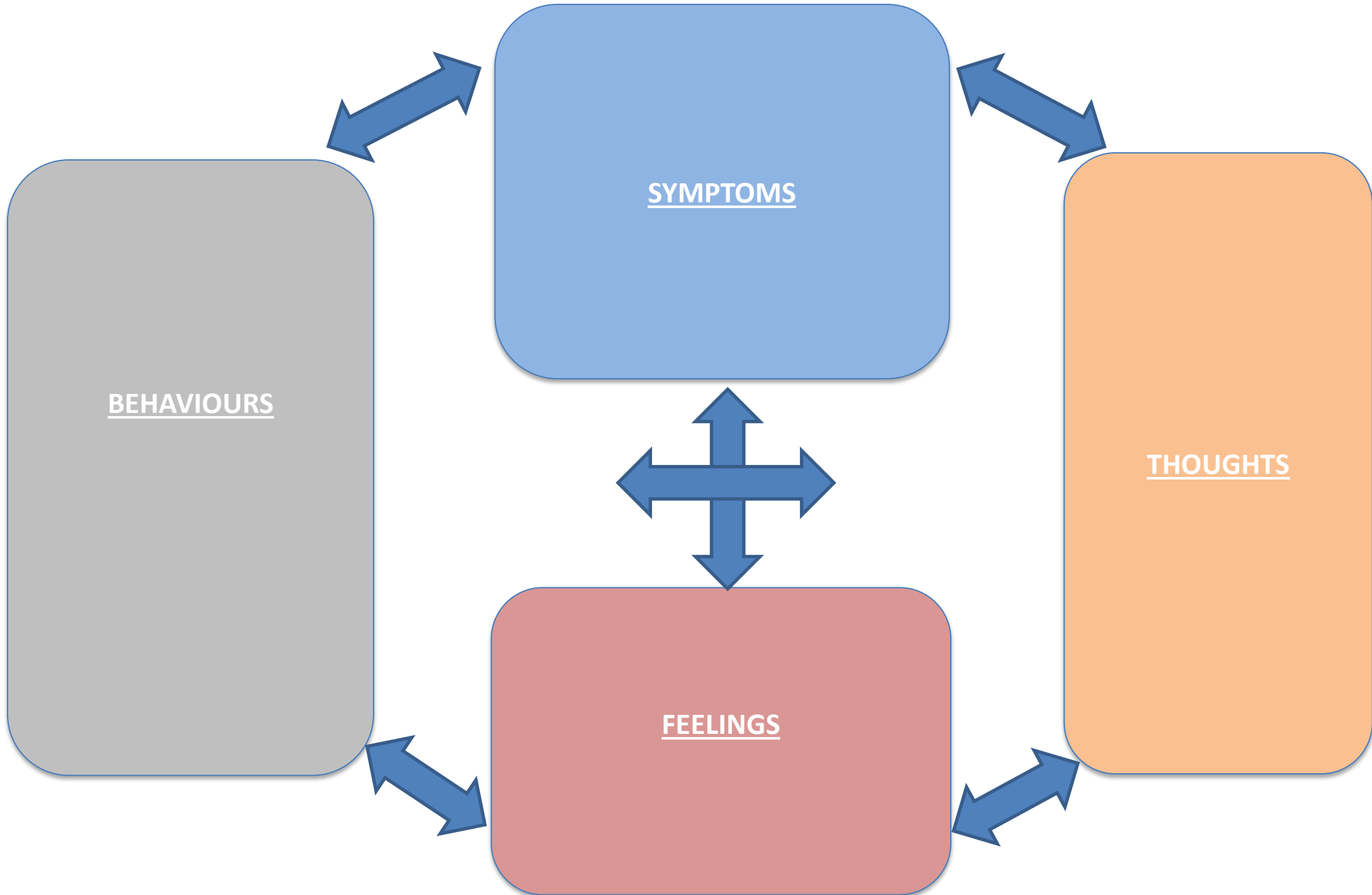


Making the Link between Symptoms, Behaviours, Thoughts and Feelings



Managing Diarrhoea: Goals sheet

Goals	Mon	Tues	Wed	Thurs	Fri	Sat	Sun

Managing Constipation: Goals sheet

Goals	Mon	Tues	Wed	Thurs	Fri	Sat	Sun