DayDare

Made-up data. DayDare doesn't make this page yet. SAMPLE

Practice summary, *for the next session*

From the client's own DayDare journal · October 19 – November 15, 2026 · 4 weeks · 20 days logged

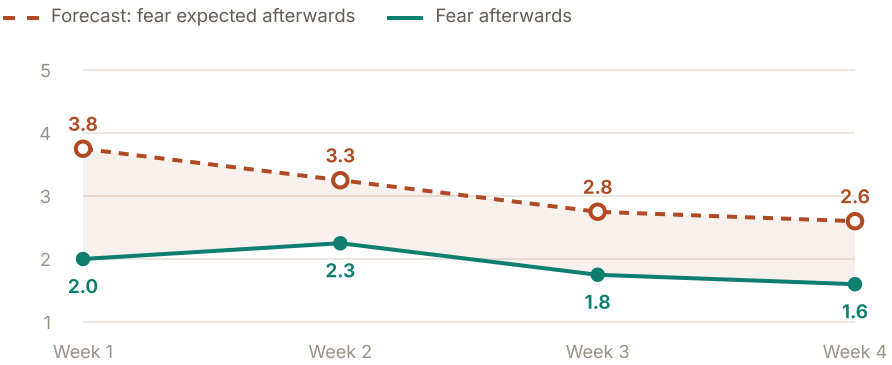
15 · 3 · 2
Did it · Partly · Not today, across 20 logged days

15 of 17
forecasts came in easier than expected (1 exact, 1 harder)

1.2
points on average between the forecast and the fear left afterwards

3.8 → 2.6
average forecast, week 1 to week 4

FORECAST AGAINST WHAT HAPPENED, BY WEEK



Weekly averages, 17 missions with a forecast. The shaded band is the gap. "Not today" and missions without a forecast are left out, as in the app.

LADDERS PRACTISED

A Presence
Level 1 → 3 · 4 missions
Fear before: 3.0 → 2.0

B Small talk
Level 1 → 3 · 8 missions
Fear before: 3.5 → 3.0

C Asking
Level 1 → 3 · 8 missions
Fear before: 3.5 → 3.0

Fear before a mission, first week on the ladder against the latest. A ladder moves up after two "Did it" in a row.

EVERY MISSION

DAY	MISSION	LADDER · LEVEL	FORECAST	BEFORE	AFTER	OUTCOME
Mon Oct 19	**Ask the barista**	**B** Small talk · 1	4	4	2	Did it
Tue Oct 20	**First hello**	**A** Presence · 1	3	3	2	Did it
Wed Oct 21	**Ask for directions**	**C** Asking · 1	4	4	3	Partly
Fri Oct 23	**Order in a sentence**	**B** Small talk · 1	4	3	1	Did it
Sat Oct 24	**Ask where it is**	**C** Asking · 1	–	3	2	Did it
Mon Oct 26	**Ask for a recommendation**	**B** Small talk · 2	4	4	2	Did it
Tue Oct 27	**Eyes and thanks**	**A** Presence · 1	3	2	1	Did it
Wed Oct 28	Ask them to say it again	**C** Asking · 1	4	4	4	Not today
Thu Oct 29	**Ask them to say it again**	**C** Asking · 1	3	4	2	Did it
Sat Oct 31	**A real answer**	**B** Small talk · 2	3	4	4	Partly
Mon Nov 2	**Ask for directions**	**C** Asking · 1	3	3	1	Did it
Tue Nov 3	**Louder**	**A** Presence · 2	2	3	2	Did it
Thu Nov 5	**Compliment the thing, not the person**	**B** Small talk · 2	3	3	2	Did it
Fri Nov 6	**A little help**	**C** Asking · 2	3	3	2	Did it
Sun Nov 8	The shirt, the team, the tote	**B** Small talk · 2	3	3	3	Not today
Mon Nov 9	**The shirt, the team, the tote**	**B** Small talk · 2	3	3	2	Did it
Tue Nov 10	**Ask for a taste**	**C** Asking · 2	2	2	1	Did it
Thu Nov 12	**The name on the badge**	**A** Presence · 2	2	2	1	Did it
Fri Nov 13	**A real answer**	**B** Small talk · 2	3	3	2	Did it
Sun Nov 15	**Any discount on this?**	**C** Asking · 3	3	4	2	Partly

The client's written notes are left out. They choose whether to bring them.

SAMPLE. Made-up data, laid out from fields DayDare already records. The app doesn't make this page yet.

Forecast: "How much fear do you think will be left right afterwards?", asked before the mission and optional. Before and after: the client's fear just before starting and right after, rated in the 30-second log. All on DayDare's plain 1-to-5 scale, which is not a clinical measure.

DayDare is not therapy and doesn't diagnose. Every number comes from the client's own journal; DayDare has no account and no server. daydare.app/therapists