

Exposure Practice Worksheet

BEFORE YOU BEGIN

1. Describe the exposure:
2. What anxiety reduction strategies/safety behaviors will you give up?
3. What feared outcome are you most worried about? **and/or** What are you worried you will not be able to tolerate?
4. How will this exposure practice put your fear to the test?
5. What are your SUDS before beginning the exposure?

AFTER THE EXPOSURE

6. What happened during the exposure -- did your fears come true? Were you able to tolerate the distress? How did your SUDS change over time?
7. How was the outcome different from what you expected? What surprised you about the outcome?
8. What did you learn from the experience?