

## EXPOSURE PRACTICE FORM

<b>Exposure task:</b>	
<b>Before the exposure:</b>	
How distressed you think you'll be (0-100):	
Thoughts, feelings, behaviours you notice before the task (i.e., what's the worst the thing that can happen?):	
Likelihood of the worst case happening:	
Evaluate the evidence for or against the likelihood of this happening. - Has it happened before? - Have you always feared this situation? - What are some reasons you should not fear the situation? - What are some other explanations for your feared thoughts?	
<b>After the exposure:</b>	
Thoughts, feelings, behaviours you noticed during the exposure:	
Number of minutes you did the exposure:	
Maximum level of distress experienced (0-100):	
Distress when you stopped the exposure (0-100):	
Anything you did to avoid your emotions (distraction, safety signals):	
What did you learn from this exposure? Did your worst case happen? If yes, how did you cope with it?	