Exposure Description:

Value I am living out by doing this exposure:

Prediction:

Summary of what I learned (fill out after exposure):

Any way to improve exposure practice?

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Time Point | SUDS (1-10) | Willingness (1-10) | What is happening internally or externally? | What did you learn? |
|  |  |  |  |  |