



Exposure Record – Planned

Patient Instructions: Use this form to record your exposure. Bring this record to your appointments to review your progress.

Setting Up Your Exposure

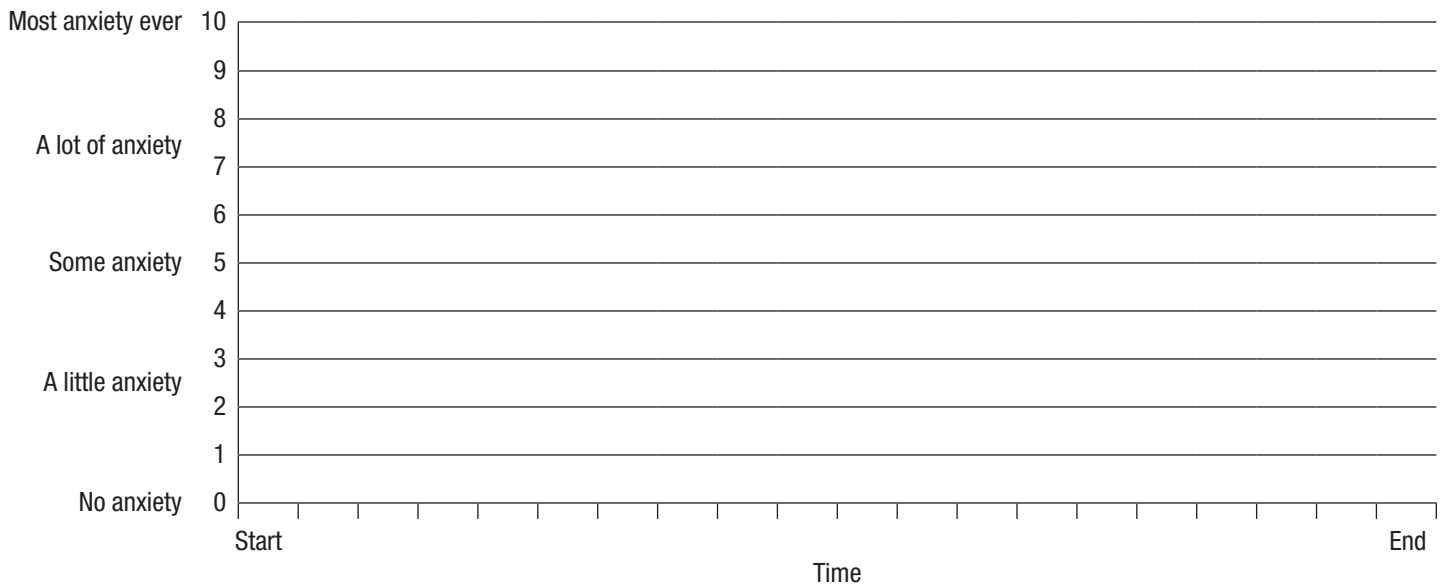
What activity are you going to do for an exposure? Use fear ladder for ideas.

What are you afraid will happen? Use expectations in My Cycle for ideas.

How afraid are you that this will happen? Use the 0 to 10 scale below.

Doing Your Exposure

Record your fear rating by placing an X every few minutes on the graph below. Focus on whether your fear is coming true and whether you can handle the situation. Do not avoid anxiety by doing rituals, distraction, asking for reassurance, or anything else. Stay positive and open to learning something new!



Learning From Your Exposure

Stick with it until you believe you could do it again. Staying in the exposure until anxiety goes down by half suggests that you have been successful.

Did your fear come true?
 No Yes, but it was not bad
 Other (if other, review your exposure to see what happened):

What happened to your anxiety?
 It went down It stayed high, but I handled it
 Other (if other, review your exposure to see what happened):