

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.

Pet my neighbor's dog

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

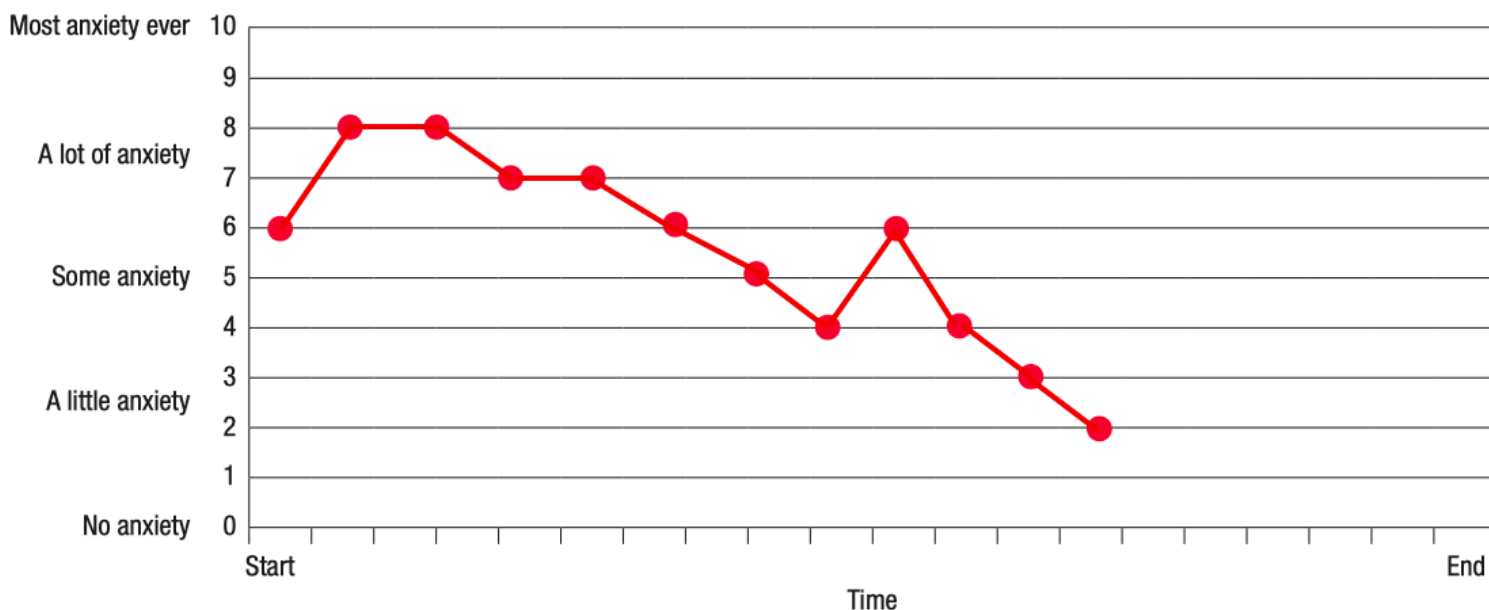
The dog will bite me

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

6

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):