

EXPOSURE MONITORING FORM

Complete Before Exposure				Complete After Exposure		
Date:	What are my anxious predictions? What am I worried about?	Safety behaviours to prevent:	SUDS before exposure (0-100):	SUDS after exposure (0-100):	What was the outcome of the exposure (what actually happened)? Were my anxious predictions correct? What can I learn from this experience? Am I doing a "yeah, but ..." 	What should my next exposure be?
Describe the exposure:						

SUDS: Subjective Units of Distress Scale

