

## 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



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