

# Practicing Exposure Therapy: Exposure Worksheet

Learning to face the things that cause you to be fearful and anxious takes practice. After you create an Exposure Hierarchy, use this worksheet to practice facing your fears in small steps.

List the behavior you are practicing \_\_\_\_\_

Rate your experience using the SUDS scale, with 0=No fear or anxiety and 100=This is intolerable.

|   | Date/Time/Place | SUDS Rating (0-100) |      |      |
|---|-----------------|---------------------|------|------|
|   |                 | Pre                 | Peak | Post |
| 1 |                 |                     |      |      |
| 2 |                 |                     |      |      |
| 3 |                 |                     |      |      |
| 4 |                 |                     |      |      |
| 5 |                 |                     |      |      |
| 6 |                 |                     |      |      |
| 7 |                 |                     |      |      |
| 8 |                 |                     |      |      |

Notes: