

Record of Emotion Exposure Practice Form

Exposure Task:

Prior to the task:

Anticipatory Distress (0 - 8):

Thoughts, Feelings, and Behaviors you noticed before the task:

Reevaluate your automatic appraisals about the task:

After completing the task:

Thoughts, Feelings, and Behaviors you noticed before the task:

Number of minutes you did the task:

Maximum distress during the task (0 - 8):

Distress at the end of the task (0 - 8):

Any attempts to avoid your emotions (distraction, safety signals, etc.)?

What did you take away from this exposure task? Did your feared outcomes occur? If so, how were you able to cope with them?