

Worksheet 7.2 Exposure planning worksheet and results log

Exposure scenario:

What is my worst fear?

Safety behaviors to avoid during this exposure:

Starting
SUDS
rating
(0–100)

Starting
certainty
(%)

Ending
SUDS rating
(0–100)

Ending
certainty
(%)

Did my worst fear come true? How do I know?

What can I learn from this exposure?