

Exposure Recording Form

Name:

Date:

Start time:

End time:

Exposure type: imaginal in vivo

Exposure task:

PROBABILITY and COST ESTIMATES

What is the worst that could happen in this situation? <i>(Please be as specific as possible)</i>	How likely is it that this will happen? (0-100)		How bad would it be if this happened? (0-100)		Did this happen?
	Before	After	Before	After	Y or N
1					Y N
2					Y N
3					Y N

SUDs, URGES, and DISSOCIATION

	SUDs (0-100)	Urge to commit suicide (0-5)	Urge to self-harm (0-5)	Urge to quit therapy (0-5)	Urge to use substances (0-5)	Dissociation (0-100)
Before						
Peak						
After						

SPECIFIC EMOTIONS and RADICAL ACCEPTANCE

(all 0-100)	Sadness	Fear	Anger	Guilt	Shame	Disgust	Joy	Rad. Accept.
Before								
After								

WHAT DID YOU LEARN DURING THIS EXPOSURE TASK?