

Exposure Recording Form

Name:	Joy
Date:	Apr 2, 2022
Start time:	13:09
End time:	15:23
Exposure type:	in vivo

Exposure task: reading parents' prayer newsletter email

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 strong feelings of disgust come up - feel sick to my stomach	80	90	60	50	Yes
2 have the thought that I'm insane and that I can't trust my gut	60	70	70	70	Yes
3 depersonalization/derealization - "I don't know what's real"	50	50	70	70	No

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	30	0	0	0	0	10
Peak	50	0	0	0	0	10
After	30	0	0	0	0	0

SPECIFIC EMOTIONS and RADICAL ACCEPTANCE

(all 0-100)	Sadness	Fear	Anger	Guilt	Shame	Disgust	Joy	Rad. Accept.
Before	0	20	10	0	0	30	0	0
After	20	10	10	0	0	40	0	30

WHAT DID YOU LEARN DURING THIS EXPOSURE TASK?

What I need to accept:

- 1) that my parents sent this newsletter
- 2) that my parents wrote what they did in this newsletter
- 3) that I had a strong disgust reaction to reading this newsletter
- 4) that I had the thought that the contents of the newsletter are hypocritical
- 5) that I had the thought that the contents of the newsletter are manipulative