

# Exposure Recording Form — In Vivo and Imaginal

Situation: \_\_\_\_\_

“SUDS” = Subjective Units of Distress Scale (anxiety rating from 1-100)

What's the worst that could happen? (Be specific)	How likely is it to happen? (0-100%)	How bad would it be if it happened? (0-100%)	Did it happen? (Y/N)

	SUDS (1-100)
Before	
Peak	
After	



## Specific Emotions & Radical Acceptance:

	Sadness (1-100)	Fear (1-100)	Anger (1-100)	Guilt (1-100)	Shame (1-100)	Disgust (1-100)	Joy (1-100)	Radical Acceptance (1-100)
<b>Before</b>								
<b>After</b>								

What did you learn? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

