

Exposure Tracking Log

Exposure exercise:
Safety behaviors to avoid (distraction, self-reassurance, counting, etc.):

Subjective Units of Distress Scale (SUDS)

100 = extreme anxiety
50 = significant anxiety
0 = no anxiety

Reminders

Complete the exercise in an environment with minimal distractions.	Continue until the peak SUDS rating reduces by at least half.
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Exposure Tracking Log					
Date & Time	Exercise Length	SUDS Rating (0-100)			Notes
		Beginning	Peak	End	