Situation to be practiced: ____________________________________________________________

Before performing the in-vivo exposure, answer the following questions:

1. What’s the worst that could happen in this situation? _____________________________
   _____________________________________________________________________________
   _____________________________________________________________________________

2. What is the likelihood that this could happen?
   _____________________________________________________________________________

3. Evaluate the evidence for and against the likelihood of this happening?
   _____________________________________________________________________________
   _____________________________________________________________________________

Ratings before and after in-vivo exposure:

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<th>Date</th>
<th>Start time</th>
<th>SUDS at start</th>
<th>PEAK SUDS</th>
<th>End time</th>
<th>SUDS at end</th>
<th>Total Time</th>
<th>Comments</th>
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Other Comments:
___________________________________________________________________________
___________________________________________________________________________

CF Figure 9.4 In Vivo Exposure Homework Recoding Form