

In Vivo Exposure Homework

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:

Date	Start time	SUDS at start	PEAK SUDS	End time	SUDS at end	Total Time	Comments

Other Comments: _____
