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 fro and against the likelihood of his happening

4. What is safety plan if "worst thing" happens?

5. Identify skills (breathing, self statements, relaxation) you will use during exposure exercise

Ratings before and after in-vivo exposure:

Date	SUDS before exposure	Length of exposure	SUDS after exposure	Peak SUDS	Notes