

## ***Imaginal Exposure Homework***

Situation to be practiced: \_\_\_\_\_

**Before performing the *imaginal* 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?

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Ratings before and after *imaginal* exposure:

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

Other Comments:

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