

## *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? \_\_\_\_\_

\_\_\_\_\_

Ratings before and after *imaginal* exposure:

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

Other Comments: \_\_\_\_\_  
\_\_\_\_\_