

Exposure Exercise Record

Date	Situations-(steps from hierarchy)	Step #	Time in situation	Highest distress in situation (0-100)

Getting the most out of your exercises:

- Do the steps from your hierarchy in order.
- Do the same step over and over.
- Have your calming thoughts worked out ahead of time-try to keep control of your thinking.
- Stay till the anxiety / discomfort goes down by about half.
- Remember-this is the best way to get rid of the reactions and get your life back to normal.