

Exposure Exercise Record-EXAMPLE

Date	Situations-(steps from hierarchy)	Step #	Time in situation	Highest distress in situation (0-100)
15 Aug	Walk through a crowded store -with buddy	6	30 minutes	60
15 Aug	Same	6	30 minutes	50
16 Aug	Same	6	30 minutes	35
16 Aug	Same	6	30 minutes	25
17 Aug	Same	6	30 minutes	15
18 Aug	Same	6	30 minutes	5
19 Aug	Walk through a crowded store -alone	7	30 minutes	45
20 Aug	Same	7	30 minutes	40
21 Aug	Same	7	30 minutes	40
21 Aug	Same	7	30 minutes	30
22 Aug	Same	7	30 minutes	20
22 Aug	Same	7	30 minutes	10

Take Home Points from this example:

1. He did the same step many times, for about the same amount of time, and the levels of fear declined day by day.
2. Steps that provoke more distress /anxiety will likely take more time chipping away at, and he had to do them repeatedly.
3. Since the exercise was only 30 minutes, he was sometimes able to do more than one a day.
4. Sometimes the distress level didn't drop between exposure sessions, but he kept going.
5. Once the fear level dropped very low, he moved on to the next step.