

Patient ID: \_\_\_\_\_

Date: \_\_\_\_\_

## In Vivo Exposure Hierarchy

SUDS Anchor Points:



	Targeted activities	SUDS (session 2)	SUDS (final session)
<b>In vivo items can include:</b>			
• Places			
• People			
• Activities			
• Situations			
• Sensations (e.g., sights, sounds, smells, tastes, physical sensations)			
Be sure to consider both distressing <b>reminders</b> of the traumatic event			
-and-			
Items that feel more <b>dangerous</b> than they actually are			
Items can also include some <b>pleasant, social, or important activities</b> that have decreased in frequency since the trauma			