

Patient ID: _____

Date: _____

In Vivo Exposure Hierarchy

SUDS Anchor Points:



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