PE Homework: Session___

Patient ID:_____ Date:_____

Check the box as you complete each item. Write any comments, questions, or problems in the space at the bottom of the form.

❒ Listen to the recording of the imaginal exposure once a day. Use the IMAGINAL EXPOSURE RECORDING FORM to rate your SUDS.

❒ Continue in vivo assignments. Use the exposure recording form to fill in SUDS levels before and after the exposure. Remember to stay in the situation long enough for your anxiety to come down. The target situations for this week are:

_____

_____

_____

_____

❒ Practice calm breathing for 10 minutes, three times a day.
(Use a recording at first, then begin to practice on your own.)

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
❒❒❒	❒❒❒	❒❒❒	❒❒❒	❒❒❒	❒❒❒	❒❒❒

❒ Listen to the recording of the therapy session one time.

❒ Come early to the next session to complete self-report forms.

❒ Other:

_____

_____

_____

_____

In Vivo Exposure Homework Recording Form

Patient ID:_____ Date:_____

Instructions: Engage the target situation for 45 minutes or until your SUDS decreases by about half. Record your SUDS ratings before beginning the exercise. After the exercise is complete, note your Peak SUDS rating during the exercise and your Final SUDS.

SUDS = 0 to 100
(0 = no discomfort and 100 - maximal discomfort, anxiety, and panic)

1) Target Situation:	Date & Time	Beginning SUDS	Peak SUDS	Final SUDS

2) Target Situation:	Date & Time	Beginning SUDS	Peak SUDS	Final SUDS

3) Target Situation:	Date & Time	Beginning SUDS	Peak SUDS	Final SUDS

Imaginal Exposure Homework Recording Form

Patient ID:_____ Date:_____

Instructions: Listen to your recording of imaginal exposure. Record your SUDS ratings before beginning the exercise. After the exercise is complete, note your Peak SUDS rating during the exercise and your Final SUDS.

SUDs = 0 to 100, 0 = no discomfort and 100 - maximal discomfort, anxiety, and panic)

Date & Time	Beginning SUDS	Peak SUDS	Final SUDS