

Situational Exposure Diary

Goal: _____

INSTRUCTIONS:
Use this sheet to record your progress on your stepladders.



You can describe:

- The step you were working on. What you did, when you did it (including how long it took),
- Your expected SUDS ratings - how nervous you *expected* to be.
- Your actual SUDS ratings - how nervous you *actually* were.
- Whether you completed the situation - if you were able to stay in the situation for the time you specified for that step, and what tools you used.
- If you experienced a great deal of difficulty. Note down why you think this might have been the case, and how you might prepare yourself to go into the situation the next time.

STEP/ SITUATION	Expected SUDS 0-100	Actual SUDS 0-100	Skills used to complete situation <u>OR</u> Difficulties with completion and skills to prepare for next situation