

Exercise

Professional Version | US English

Exposure Practice Form



Description

Exposure is an effective treatment for many forms of fear or anxiety. The *Exposure Practice Form* guides an individual through the steps of an effective trial of exposure. It encourages a reflective focus on the beliefs (cognitions) which are being tested by the exposure practice as well as recording of subjective units of distress (SUDS). Exposure trials which lead to violation of prior expectancies have been found to make exposure therapy more effective (Craske et al, 2014) and this worksheet's focus on cognitions enhances the likelihood of such learning taking place.

Instructions

Clients should be instructed to plan and implement specific exposure practice sessions.

1. In the 'Preparation' section, clients should record the stimulus / situation that they are afraid of, and which they need to expose themselves to. They should record their specific anxious prediction, and record ratings of how likely and how severe that feared outcome would be (0–100%).
2. In the 'Exposure' section, clients are instructed to expose themselves to the feared stimulus and to record subjective units of distress (SUDs) at regular time intervals. Classically, individuals have been instructed to continue exposure trials for a specified time, or until their fear has reduced by at least half.
3. In the 'Outcome and learning' section, clients should record their reflections about the exposure trial. They should be instructed to ask themselves "If you were to exposure yourself again now..." and then re-rate how likely and severe the feared outcome would be (0–100%).

References

Craske, M. G., Treanor, M., Conway, C. C., Zbozinek, T., & Vervliet, B. (2014). Maximizing exposure therapy: an inhibitory learning approach. *Behaviour Research and Therapy*, 58, 10-23.

Exposure Practice Form

Preparation

What am I afraid of? (i.e. what do I need to expose myself to?)

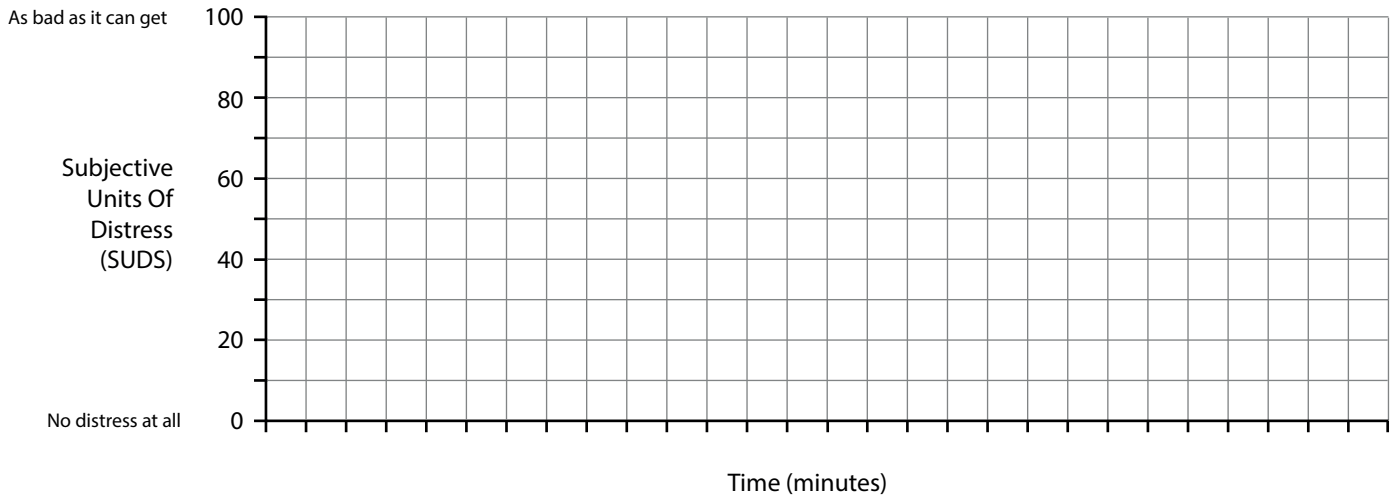
What do I fear will happen? (what is the worst that could happen?)

How likely is it that the feared outcome will happen?
(0-100%)

How severe would it be if this happened?
(0-100%)

Exposure

Expose yourself to the feared situation and record your Subjective Units of Distress (SUDS) every _____ minutes.



Outcome & learning

What was the outcome of the exposure? What did you learn?

If you were to expose yourself again now:

How likely is it that the feared outcome would happen?
(0-100%)

How severe would it be if the feared outcome happened?
(0-100%)

Exposure Practice Form

Preparation

What am I afraid of? (i.e. what do I need to expose myself to?)

Spiders – we've done some preparation so I need to expose myself to a real spider in a jar.

What do I fear will happen? (what is the worst that could happen?)

It will get out and crawl on me.

How likely is it that the feared outcome will happen?
(0-100%)

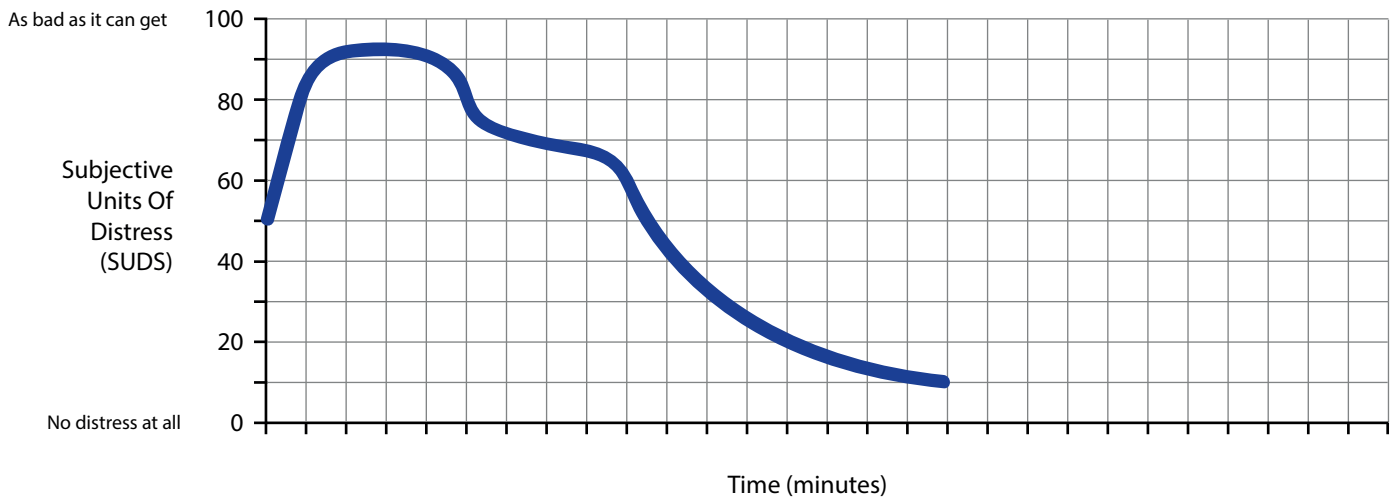
80%

How severe would it be if this happened?
(0-100%)

100%

Exposure

Expose yourself to the feared situation and record your Subjective Units of Distress (SUDS) every _____ minutes.



Outcome & learning

What was the outcome of the exposure? What did you learn?

I was afraid when I saw it and my heart was beating, but it didn't escape.
I was actually surprised by how small it was.

If you were to expose yourself again now:

How likely is it that the feared outcome would happen?
(0-100%)

5% – I don't think it could escape.

How severe would it be if the feared outcome happened?
(0-100%)

70%

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