

EXPOSURE MONITORING FORM

Complete Before Exposure			Complete After Exposure	
Describe the exposure	What are my anxious predictions? What am I worried about?	Initial SUDS (0-100)	Post SUDS (0-100)	What was the outcome of the exposure? Were my anxious predictions correct? What do I want to take away from this experience?

SUDS: Subjective Units of Distress Scale



