

Exposure Tracking Log Worksheet

Instructions

- Avoid distractions during the exposure exercise
- Reflection Questions:
 1. What did you notice about your anxiety or fear throughout the exposure?
 2. What can you do differently in your next exposure

Exposure Exercise: _____

| Date of Exposure | Intensity Levels Before (1-10) | Intensity Levels After (1-10) | Length of Exposure | Reflections |
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