**Situational Exposure Diary**

**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.

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

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