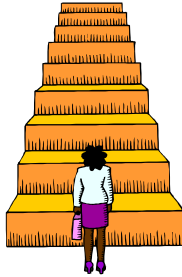


# Situational Exposure Diary

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