	Goal:
Situational Exposure Diary	

INSTRUCTIONS:

Use this sheet to record your progress on your stepladders.



You can describe:

- The step you were w you did, when you die long it took),
- Your expected SUDS nervous you expected
- Your actual SUDS rat nervous you actually
- Whether you comple - if you were able to situation for the time that step, and what to
- If you experienced a difficulty. Note down this might have been you might prepare yo the situation the next

	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
orking on. What d it (including how				
ratings – how				
to be.				
ings – how				
vere.				
ted the situation stay in the you specified for pols you used.				
great deal of why you think the case, and how urself to go into				
time.				

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Research
Training

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