## **Exposure Record ACT Worksheet**

## **Client Name:**

Date:

Target Distressing Thought/Emotion/Situation: Baseline Distress Rating (1-10): Description of the Experience

Chosen Exposure Technique: Set Time Limit: Exposure Experience

Post-Exposure Distress Rating (1-10): Reflection on Beliefs

**Progress Tracking** 

Action Steps for the Next Session

**Additional Notes**