## **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	