

Exposure Therapy Worksheet

Name

Identify the fear or anxiety: *Write down the specific fear or anxiety you want to address through exposure therapy. Be as specific as possible.*

Rate your fear: *On a scale from 0 to 10, with 0 being no fear and 10 being the highest level of fear or anxiety, rate how much fear or anxiety this particular situation or stimulus currently provokes in you.*

Break it down: *Divide the fear or anxiety into smaller, manageable steps or levels. Start with the least anxiety-provoking step and gradually work up to more challenging situations. List these steps in sequential order.*

Description of the exposure: *Write a detailed description of the first exposure step, including the specific situation, what you expect to happen, and any thoughts or beliefs associated with it.*

Rate your anxiety: *On a scale from 0 to 10, rate the level of anxiety or fear you anticipate experiencing when you expose yourself to this particular step.*

Predicted thoughts and beliefs: *List any negative or distressing thoughts and beliefs that you anticipate having during the exposure. Be honest and specific.*

Exposure plan: *Determine how long you will engage in the exposure and the specific strategies you will use to manage anxiety or distress during the exposure. This may include deep breathing exercises, relaxation techniques, or cognitive restructuring.*

Conduct the exposure: *Put your exposure plan into action. Engage in the exposure exercise for the predetermined amount of time while using your coping strategies. Pay attention to your anxiety level, thoughts, and bodily sensations during the exposure.*

Rate your anxiety post-exposure: *After completing the exposure, rate your anxiety level on a scale from 0 to 10. Note any changes or observations.*

Reevaluate your thoughts and beliefs: *Reflect on the exposure experience. Did any of your anticipated thoughts or beliefs occur during the exposure? Were they accurate? Were there any new insights or realizations*

Additional notes