

EXPOSURE HIERARCHY

[illegible]

EXPOSURE HOMEWORK RECORDING FORM

Situation to practice: _____

Record SUDS levels below:

Date: _____	Date: _____	Date: _____
Beginning: _____	Beginning: _____	Beginning: _____
10 mins: _____	10 mins: _____	10 mins: _____
20 mins: _____	20 mins: _____	20 mins: _____
30 mins: _____	30 mins: _____	30 mins: _____
40 mins: _____	40 mins: _____	40 mins: _____
50 mins: _____	50 mins: _____	50 mins: _____
60 mins: _____	60 mins: _____	60 mins: _____

Concerns or difficulties: _____

Situation to practice: _____

Record SUDS levels below:

Date: _____	Date: _____	Date: _____
Beginning: _____	Beginning: _____	Beginning: _____
10 mins: _____	10 mins: _____	10 mins: _____
20 mins: _____	20 mins: _____	20 mins: _____
30 mins: _____	30 mins: _____	30 mins: _____
40 mins: _____	40 mins: _____	40 mins: _____
50 mins: _____	50 mins: _____	50 mins: _____
60 mins: _____	60 mins: _____	60 mins: _____

Concerns or difficulties: _____
