

## Exposure Record

For each exposure, rate the anxiety you experience at each time interval during the exposure. Continue the exposure until you've done at least 30 minutes or the anxiety has decreased by half.

<p>Day/Date:</p> <p>Exposure Activity:</p>  <p>Anxiety (0-100) at:</p> <p>05 min:</p> <p>10:</p> <p>15:</p> <p>20:</p> <p>25:</p> <p>30:</p> <p>40:</p> <p>50:</p> <p>60:</p> <p>Notes on experience:</p>	<p>Day/Date:</p> <p>Exposure Activity:</p>  <p>Anxiety (0-100) at:</p> <p>05 min:</p> <p>10:</p> <p>15:</p> <p>20:</p> <p>25:</p> <p>30:</p> <p>40:</p> <p>50:</p> <p>60:</p> <p>Notes on experience:</p>	<p>Day/Date:</p> <p>Exposure Activity:</p>  <p>Anxiety (0-100) at:</p> <p>05 min:</p> <p>10:</p> <p>15:</p> <p>20:</p> <p>25:</p> <p>30:</p> <p>40:</p> <p>50:</p> <p>60:</p> <p>Notes on experience:</p>
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