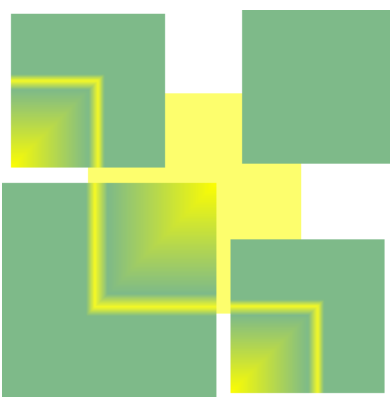




Graded Exposure Worksheets





WORKSHEET ONE: Identifying anxiety-provoking situations

Be Specific: What? When? Where? Who?

Anxiety-Provoking Situations
•
•
•
•
•
•
•
•
•
•
•
•

WORKSHEET THREE: Planning Exposure

	Date & Time	Duration	Exposure	Anxiety Rating			Comments
				Before	During	After	
1							
2							
3							
4							
5							

0%

No Anxiety

25%

Mild Anxiety

50%

Moderate Anxiety

75%

Severe Anxiety

100%

Panic