

PRE-EXPOSURE CHART

EXPOSURE	<i>What feared situation are you facing?</i>
ANXIOUS PREDICTION	<i>What are you afraid will happen?</i>
SAFETY BEHAVIOR	<i>What would you normally do to prevent your anxious prediction from happening?</i>
PERFECTIONIST GOAL	<i>How do you think you should act and appear in this situation?</i>
DISTORTION(S)	<input type="checkbox"/> Catastrophizing <i>Assuming the worst possible outcome</i> <input type="checkbox"/> Social Perfectionism <i>Setting a standard for yourself that doesn't allow for mistakes</i> <input type="checkbox"/> Mind Reading <i>Guessing what others are thinking or will think</i> <input type="checkbox"/> Labeling <i>Putting a negative name on yourself</i> <input type="checkbox"/> Spot Lighting <i>Thinking everybody is watching you and/or how you feel inside shows on the outside</i> <input type="checkbox"/> Discounting the Positive <i>Refusing to take credit for deserved success</i>

COPING THOUGHT	<i>What can you remind yourself of when you are feeling the most anxious?</i>
REALISTIC GOAL	<i>What can you accomplish even though you feel anxious?</i>
VALUE(S)	<i>What is important to you that motivates you to move in this direction?</i>

EXPOSURE Time:

Date:

POST-EXPOSURE CHART

Did I meet my Realistic Goal? How?	
Did I use Safety Behaviors? What did I do instead?	
How did I Move Toward My Values?	
Actual Outcome	
What I Have Learned	