

Exposure Log: Continuous Practice

Bravery Task: _____	
Duration of Task: _____	
My Goal: I will complete _____ (# of practices) or continue until my fear comes down to a _____ .	
Fear Rating Before	
Fear Rating at _____ Minutes	
Fear Rating at _____ Minutes	
Fear Rating at _____ Minutes	
Fear Rating at _____ Minutes	
Fear Rating at _____ Minutes	
Fear Rating After	
Fear Rating Before	
Fear Rating at _____ Minutes	
Fear Rating at _____ Minutes	
Fear Rating at _____ Minutes	
Fear Rating at _____ Minutes	
Fear Rating at _____ Minutes	
Fear Rating After	

Exposure Tracking Log: Before and After

Bravery Task: _____		
Duration of Task: _____		
My Goal: I will complete _____ (# of practices) or continue until my fear comes down to a _____.		
Practice #1		
Fear Rating Before		
Fear Rating After		
Practice #2		
Fear Rating Before		
Fear Rating After		
Practice #3		
Fear Rating Before		
Fear Rating After		
Practice #4		
Fear Rating Before		
Fear Rating After		
Practice #5		
Fear Rating Before		
Fear Rating After		

Thought-Challenging Diary

SITUATION	FEELING	NEGATIVE THOUGHT	CHALLENGE	NEW THOUGHT	NEW FEELING
Where were you? What was happening?	Label feeling and rate 1-10	What negative thought popped into your head? (Label the type of thinking error)	What evidence do you have to challenge this thought?	What is a new, more adaptive thought?	Rate from 1 to 10

Thought-Feeling-Action Worksheet

EVENT	FEELING	THOUGHT	ACTION
<p>Where were you? What was happening? (Example: I didn't want mom to leave me at gymnastics.)</p>	<p>How did you feel? (Example: Scared and mad. Heart beating fast, shaking.)</p>	<p>What were you thinking? (Example: She can't make me go. Something bad could happen if she leaves. What if she doesn't come back?)</p>	<p>What did you do? (Example: I said I'm not going. I cried. I wouldn't get in the car.)</p>