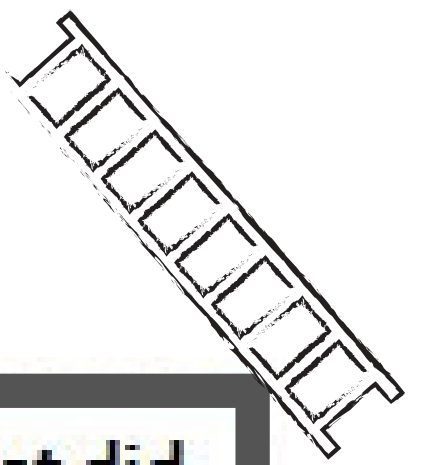
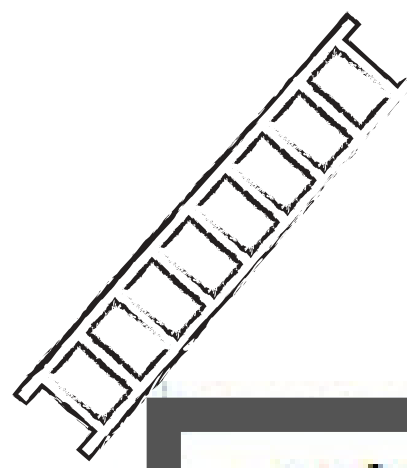


Exposure Homework Sheet

Use your fear hierarchy ladder to plan in exposure activities which will help you habituate to your feared situations.



When	Feared Situation	Thoughts	Anxiety Before (0-10)	Anxiety During (0-10)	Anxiety After (0-10)	How did it go? What did you learn?