Writing your imaginal exposure script

1. This is only a brief account – Try and keep it to no more than 1 page of A4.
2. Double Space the lines
3. Keep the writing in first Person (E.g. ‘I’ ‘my’)
4. Keep to present Tense (E.g. *I am* walking down the road; A lady *is* walking toward me*; I can* smell flowers)
5. Any particular sensory information that sticks out in your imagination of the event (E.g. I can hear a loud screeching noise; I look up and see a big ploom of smoke; I can hear the birds tweeting)
6. The script should end on either a) the worst fear coming true or b) a cliff-hanger that focuses on the uncertainty of not knowing the outcome

Sometimes it can feel daunting writing your script. Please remember that this is part of your treatment and by doing it, you are making a great start.

**To illustrate what it might look like, here is a quick example:**

I am at the scene of an accident. I see ambulances and broken glass all over the road. I see my daughter; she is sitting in the grass beside the road, and she has blood on her. Her arm is all cut – it looks like it might be broken. The paramedics lift her onto a stretcher and put the stretcher into the back of the ambulance. I get into the back of the ambulance and sit beside the stretcher and feel her tiny hand in mine, her soft skin. She looks at me with tears in her eyes. I can’t get my breath. The paramedic puts an oxygen mask on her. Inside the ambulance it smells of antiseptic. I think, she’s not going to get better. I feel sick. At the hospital I have to wait outside while the Dr checks her. I am crying. I feel very anxious, I know it’s bad news. After a few minutes the doctor comes out to see me. He looks down and says, “I have some news…”.