

Facing your fears record sheet					
Exposure task	Details of your feared thing for this session:				
	Exposure anxiety ratings (0–100)				
Date and time of planned practice sessions	Start of session	Highest level	End of session	Duration of session	
	Session 1				

	Session 2						
	Session 3						
	Session 4						
	Session 5						
	Session 6						
	Session 7						
	Session 8						