

EXERCISE: Imaginal-Exposure Record

Complete this form at the end of each imaginal-exposure session. Write down the date, the duration of the session, and the content of the intrusive thought. Then indicate how clearly you recalled the intrusion and the average level of distress experienced during the exposure session. Use a 0 to 10 scale to rate your recall ability, where 0 is you were unable to think about the intrusion and 10 is you could think about the intrusion as clearly as when it spontaneously pops into your mind. Use a 0 to 10 scale to rate your average distress level, where 0 is you experienced no distress during the session and 10 is you were as distressed during the session as you are when the intrusion occurs spontaneously.

Date of Session	Duration of Session (minutes)	Intrusive Thought Content During Imaginal Exposure	Quality of Intrusion Recall (0 to 10)	Average Level of Distress (0 to 10)

After two weeks of thought postponement and imaginal exposure, review your entries in the imaginal-exposure record. Were you able to postpone your response to the intrusion when it occurred spontaneously? Did your level of distress decline the more you engaged in intentional imaginal exposure? Most people find that the significance and distress associated with an unwanted intrusive thought, image, or memory changes dramatically when they take control and intentionally generate the thought.