

Facing Your Fears Worksheet					
Exposure exercise					
		Exposure fear ratings (0–100)			
Date and time you will do your next Exposure exercise		Preparing for Exposure exercise	Start of Exposure exercise	End of Exposure exercise	Duration of Exposure exercise
	Session 1				
	Session 2				

	Session 3					
	Session 4					
	Session 5					
	Session 6					
Comments						
Fear Rating						
0	25	50	75	100		
No Fear	Mild Fear	Moderate Fear	Severe Fear	Full Panic		