



Daily Exposure Practice Log

Exposure exercise:

Safety behaviors to avoid (distraction, self-reassurance, counting, etc.):

Subjective Units of Distress Scale (SUDS)

100 = extreme anxiety 50 = significant anxiety 0 = no anxiety

Reminders: Complete the exercise in an environment with minimal distractions. Stay in the exposure until the SUDS rating reduces by at least half.

Date & Time	Exercise Length	SUDS Beginning	SUDS Peak	SUDS End	Notes