

Therapist Exposure Recording Form

Date: _____

1) Exposure practiced in Session: _____

	SUDS	Comments
Beginning	_____	
5 minutes	_____	
10 minutes	_____	
15 minutes	_____	
20 minutes	_____	
25 minutes	_____	
30 minutes	_____	
35 minutes	_____	
40 minutes	_____	
45 minutes	_____	
50 minutes	_____	
55 minutes	_____	
60 minutes	_____	

Therapist Exposure Recording Form (Continued)

2) Exposure practiced in Session: _____

	SUDS	Comments
Beginning	_____	
5 minutes	_____	
10 minutes	_____	
15 minutes	_____	
20 minutes	_____	
25 minutes	_____	
30 minutes	_____	
35 minutes	_____	
40 minutes	_____	
45 minutes	_____	
50 minutes	_____	
55 minutes	_____	
60 minutes	_____	

Exposure Summary Notes:

Ritual Prevention _____

Processing (lessons learned) _____
