

## Example Form 11.2b: Record of Emotion Exposure Practice

<b>Date:</b>	
<b>Exposure Task</b> (Briefly describe the activity you have chosen to bring up an emotional response) <p style="text-align: center;"><i>Going for a walk to a coffee shop</i></p>	
<b>Preparation Before the Exposure</b>	
<b>Negative Automatic Thoughts</b> (List the thoughts you have about completing this exposure) <p><i>I won't have the energy</i></p> <p><i>I just don't feel up to it</i></p> <p><i>Seeing people chatting at the coffee shop will just remind me of how depressed I am</i></p> <p><i>It really sucks to do things I used to enjoy and feel blah about it</i></p>	<b>Other Interpretations</b> (Are there ways you can think more flexibly about this exposure?) <p><i>I might feel more energetic after I get going. Just because I don't feel like it, doesn't mean I can't do it.</i></p> <p><i>I don't know how I'll feel when I get to the coffee shop, but I do know I'll definitely feel depressed if I stay home.</i></p> <p><i>I can cope with these feelings by focusing on the present – the taste of the coffee, the feeling of the pavement under my feet.</i></p>
<b>Emotional Behaviors</b> (List emotional behaviors that might prevent you from fully experiencing the emotions brought up by the exposure) <p><i>Cut the walk short</i></p> <p><i>Ruminate on how I used to enjoy these types of activities more</i></p>	<b>Alternative Action</b> (Identify other behaviors that will allow you to fully engage with the emotions brought up by the exposure) <p><i>Commit to the goal of making it to the coffee shop</i></p> <p><i>Mindfully attend to my surroundings as I walk</i></p>
<p style="text-align: center;"><b>Mindful Emotion Awareness</b></p> <p style="text-align: center;">Remember to take a <u>nonjudgmental</u>, willing stance toward the emotions generated by the exposure</p> <p style="text-align: center;">Remember to stay <u>anchored in the present</u> during the exposure.</p>	

Record of Emotion Exposure Practice
<p><b>What emotions did you experience?</b> <i>Sadness/numbness</i></p> <p>Break down of your emotional experience into its 3 parts</p> <div> <p><b>Thoughts</b></p> <p><i>Everything is such an effort for me. It is so embarrassing that I have to force myself to go get coffee</i></p> </div> <div> <p><b>Physical Sensations</b></p> <p><i>Fatigue, lump in throat</i></p> </div> <div> <p><b>Behaviors</b></p> <p><i>Listened to music on the walk, just got a regular coffee instead of the latte I really wanted</i></p> </div>
<p><b>Mindful Emotion Awareness</b></p> <p>How willing were you to experience your emotions (0 [not at all] - 10 [extremely])? <u>5</u></p> <p>How effective were you at anchoring yourself in the present (0 [not at all] - 10 [extremely])? <u>7</u></p>
<p><b>Cognitive Flexibility</b></p> <p>How effective were you at thinking flexibly during the exposure (0 [not at all] - 10 [extremely])? <u>7</u></p>
<p><b>Countering Emotional Behaviors</b></p> <p>How effective were you at engaging in alternative actions during the exposure (0 [not at all] - 10 [extremely])? <u>4</u></p>
What did you learn by engaging in this exposure?
<p><b>What did you learn about the task/situation you faced? What did you learn about your emotions?</b> Did your negative predictions occur? What did you learn about your ability to cope?</p> <p><i>I learned that I can do things I used to enjoy, even though I'm not really feeling it now. I wasn't focused on my depression the whole time – I was able to notice how nice the weather was.</i></p> <p><b>What can you do differently in your next exposure?</b> How can you use your skills to fully approach the emotions brought up by these exercises? <i>I could try to do the walk without my headphones on and really treat myself to a fancy coffee</i></p>