



### **Unified Protocol for Transdiagnostic Treatment of Emotional Disorders: Workbook (2 edn)**

David H. Barlow, Todd J. Farchione, Shannon Sauer-Zavala, Heather Murray Latin, Kristen K. Ellard, Jacqueline R. Bullis, Kate H. Bentley, Hannah T. Boettcher, and Clair Cassiello-Robbins

#### **Previous Edition (1 ed.)**

Publisher: Oxford University Press  
Print ISBN-13: 9780190686017  
DOI: 10.1093/med-psych/  
9780190686017.001.0001

Print Publication Date: Nov 2017  
Published online: Jan 2018

## **Example Forms**

### **Author(s):**

David H. Barlow, Shannon Sauer-Zavala, Todd J. Farchione, Heather Murray Latin, Kristen K. Ellard, Jacqueline R. Bullis, Kate H. Bentley, Hannah T. Boettcher, and Clair Cassiello-Robbins

**Example Form 3.5:** Progress Record

**Example Form 4.1:** Treatment Goals

**Example Form 4.2:** Decisional Balance

**Example Form 5.1a:** Three-Component Model

**Example Form 5.1b:** Three-Component Model

**Example Form 6.1:** Following Your ARC

**Example Form 7.1:** Mindful Emotion Awareness

**Example Form 8.1:** Practicing Cognitive Flexibility

**Example Form 8.2a:** Downward Arrow: Identifying Core Automatic Thoughts

**Example Form 8.2b:** Downward Arrow: Identifying Core Automatic Thoughts

**Example Form 9.1a:** List of Emotional Behaviors

**Example Form 9.1b:** List of Emotional Behaviors

**Example Form 9.2a:** Countering Emotional Behaviors

**Example Form 9.2b:** Countering Emotional Behaviors

**Example Form 10.2:** Physical Sensation Practice

**Example Form 11.1a:** Emotion Exposure Hierarchy

**Example Form 11.1b:** Emotion Exposure Hierarchy

**Example Form 11.2a:** Record of Emotion Exposure Practice

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

**Example Form 13.1:** Progress Evaluation

**Example Form 13.2:** Practice Plan

### **(p. 164) Accessing Treatments *ThatWork* Forms and Worksheets Online**

All forms and worksheets from books in the TTW series are made available digitally shortly following print publication. You may download, print, save, and digitally complete them as PDFs. To access the forms and worksheets, please visit Appendix: Forms and Worksheets.

(p. 165) (p. 166) (p. 167) (p. 168) (p. 169) (p. 170) (p. 171) (p. 172) (p. 173) (p. 174)  
(p. 175) (p. 176) (p. 177) (p. 178) (p. 179) (p. 180) (p. 181) (p. 182) (p. 183) (p.  
184) (p. 185) (p. 186) (p. 187) (p. 188)