

Form 11.2: Record of Emotion Exposure Practice

Date:	
Exposure Task (Briefly describe the activity you have chosen to bring up an emotional response)	
Preparation Before the Exposure	
Negative Automatic Thoughts (List the thoughts you have about completing this exposure)	Other Interpretations (Are there ways you can think more flexibly about this exposure?)
Emotional Behaviors (List emotional behaviors that might prevent you from fully experiencing the emotions brought up by the exposure)	Alternative Action (Identify other behaviors that will allow you to fully engage with the emotions brought up by the exposure)
Mindful Emotion Awareness	
Remember to take a <u>nonjudgmental</u> , willing stance toward the emotions generated by the exposure	
Remember to stay anchored in the present during the exposure.	

Debriefing After the Exposure

What emotions did you experience? _____

Break down of your emotional experience into its three parts

Thoughts

Physical Sensations

Behaviors

Mindful Emotion Awareness

How willing were you to experience your emotions (0 [not at all] – 10 [extremely])? _____

How effective were you at anchoring yourself in the present (0 [not at all] – 10 [extremely])? _____

Cognitive Flexibility

How effective were you at thinking flexibly during the exposure (0 [not at all] – 10 [extremely])?

Countering Emotional Behaviors

How effective were you at engaging in alternative actions during the exposure (0 [not at all] – 10 [extremely])? _____

What did you learn by engaging in this exposure?	

What did you learn about the task/situation you faced? What did you learn about your emotions? Did your negative predictions occur? What did you learn about your ability to cope?

What can you do differently in your next exposure? How can you use your skills to fully approach the emotions brought up by these exercises?