

## Example Form 11.2a: 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)  <i>Introduce myself to new people at a bar</i>	
<b>Preparation Before the Exposure</b>	
<b>Negative Automatic Thoughts</b> (List the thoughts you have about completing this exposure)  <i>I'll have nothing to say</i> <i>People have enough friends already</i> <i>People will think I'm annoying or weird for hovering</i>	<b>Other Interpretations</b> (Are there ways you can think more flexibly about this exposure?)  <i>I have lots of interests, so we might be able to find common ground. Even if I can't think of something to talk about, the other person might.</i>  <i>Already having friends doesn't mean they don't want more.</i>  <i>People go to bars to mingle. I can't know for sure what people think of me.</i>
<b>Emotional Behaviors</b> (List emotional behaviors that might prevent you from fully experiencing the emotions brought up by the exposure)  <i>Only approach people I'm not attracted to</i> <i>Have a few drinks quickly</i> <i>Keep the conversation short</i>	<b>Alternative Action</b> (Identify other behaviors that will allow you to fully engage with the emotions brought up by the exposure)  <i>Make a point to approach people I'm interested in</i>  <i>Stay sober or have just one drink</i>  <i>Try to keep asking the other person questions/linger even if I run out of things to say</i>
<b>Mindful Emotion Awareness</b>  <i>Remember to take a <u>nonjudgmental</u>, willing stance toward the emotions generated by the exposure</i>  <i>Remember to stay <u>anchored in the present</u> during the exposure.</i>	

## Debriefing After the Exposure

**What emotions did you experience?** *Anxiety*

**Break down of your emotional experience into its 3 parts**

### Thoughts

*This is so awkward. Does anyone actually walk up to people they don't know?  
They must think I'm such a loser. They can tell I'm nervous.*

### Physical Sensations

*Racing heart, sweating, a little short of breath*

### Behaviors

*Waited a long time to approach first person (had to psych myself up),  
apologized for interrupting*

### Mindful Emotion Awareness

How willing were you to experience your emotions (0 [not at all] - 10 [extremely])? 9

How effective were you at anchoring yourself in the present (0 [not at all] - 10 [extremely])? 7

### Cognitive Flexibility

How effective were you at thinking flexibly during the exposure (0 [not at all] - 10 [extremely])? 9

### Countering Emotional Behaviors

How effective were you at engaging in alternative actions during the exposure (0 [not at all] - 10 [extremely])? 9

## 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?**

*I learned that I can talk to people even when I'm feeling really anxious and that people are generally pretty friendly. I lost my train of thought, but I recovered and no one seemed to notice.*

**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?** *I could act more confident when approaching people instead of apologizing. I can just jump into it as if I have nothing to lose – instead of waiting and building it up. I can share more personal information.*