

# Imaginal Exposure Worksheet

The Subjective Units of Distress Scale (SUDS) can be used to quantify the disturbance or anxiety you feel in the moment as you go through the imaginal exposure process.

## Instructions

When you are listening to your therapeutic imaginal exposure, use the table on this worksheet to record how distressed you feel:

1. Immediately before your exposure
2. During the process, when your anxiety is at its peak, and
3. After listening to the imaginal exposure.

Rate your distress or cravings using the guides below.

### Distress:

0 = No Distress

100 = Extreme Distress

### Cravings:

0 = No Cravings

100 = Extreme Cravings

## Subjective Distress and Cravings

	Before		Exposure Peak		After	
	Distress	Cravings	Distress	Cravings	Distress	Cravings
<b>Exposure #1</b> Date:						
<b>Exposure #2</b> Date:						
<b>Exposure #3</b> Date:						
<b>Exposure #4</b> Date:						
<b>Exposure #5</b> Date:						
<b>Exposure #6</b> Date:						