

# GoodTherapy Exposure Tracking Log

<b>Exposure Exercise:</b>	<b>Safety behaviors to avoid</b> (distraction, self-reassurance, counting, etc.):

<p><b>Subjective Units of Distress Scale (SUDS)</b>  <b>0</b> = no anxiety    <b>50</b> = significant anxiety  <b>100</b> = extreme anxiety</p>	<p><b>Reminders</b></p> <ul style="list-style-type: none"> <li>• Complete the exercise in an environment with minimal distractions.</li> <li>• Continue until the peak SUDS rating reduces by at least half.</li> </ul>
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<b>Exposure Tracking Log</b>					
Date & Time	Exercise Length	SUDS Rating (0-100)			Notes
		Beginning	Peak	End	