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| **Exposure exercise:** |  | **Subjective Units of Distress Scale (SUDS)**  **100 =** extreme anxiety  **50 =** significant anxiety  **0 =** no anxiety |
| **Safety behaviors to avoid (distraction, self-reassurance, counting, etc.):** |  |

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| **Reminders** | |
| Complete the exercise in an environment with minimal distractions. | Continue until the peak SUDS rating reduces by at least half. |

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| **Exposure Tracking Log** | | | | | |
| **Date & Time** | **Exercise Length** | **SUDS Rating (0-100)** | | | **Notes** |
| **Beginning** | **Peak** | **End** |
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