Exposure Log

Instructions. Record the date and Fear Hierarchy level you're working on. Every minute or two, record the time and how anxious you feel on a scale from 0% (not at all anxious) to 100% (intense anxiety). Describe any frightening thoughts or fantasies you have. For example, if you're riding an elevator, you may think, "The walls are closing in," or "The elevator will get stuck and I'll be trapped in here," or "I'll run out of air."

Date _____ **Fear Hierarchy Level** _____

Time	Anxiety (0–100%)	Frightening Thoughts and Fantasies