

### Phobia Log

**Instructions.** Rate your anxiety at the beginning and end of each exposure session on a scale from 0% (not at all) to 100% (the worst anxiety possible). Describe any frightening thoughts or fantasies you had.

**Type of Exposure:** \_\_\_\_\_

Date	Time Spent	Anxiety at Start (0–100%)	Anxiety at End (0–100%)	Frightening Thoughts and Fantasies