**Worksheet 14.1** Exposure goal diary

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| **Goals** |
| Goal 1……………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………… | Goal 2……………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………… |
| Anxiety: rate how anxious you felt before and after you did the task using the rating scale below |
| **0**no anxiety | **2**little anxiety | **4**moderate anxiety | **6**much anxiety | **8**extreme anxiety |
| **Goals I completed** | **Anxiety before** | **Anxiety after** |
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