**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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