Exposure Rating

Instructions: This form should be used each time you complete an exposure practice. In column 1, record the date. In column 2, describe the exposure practice (e.g., what did you do?). In column 3, record the practice number (e.g., if this was the second time you practiced that item, you would write "2"). In the last column, record the maximum level of anxiety or fear you experienced, using a scale from 0–100 (0 = no fear; 100 = maximum fear).

Date	Exposure description	Practice number	Maximum anxiety (0–100)
10/5/06	Look at photo of a snake for 30 minutes	1	100
10/6/06	Look at photo of a snake for 45 minutes	2	40
10/7/06	Sit 3 feet from a snake in an aquarium	1	75
10/09/06	Sit 1 foot from a live snake in an aquarium	1	65
10/11/06	Sit 3 feet from a live snake being held by a friend	1	100
10/12/06	Sit 1 foot from a live snake being held by a friend	1	50
10/13/06	Practice touching a snake for 30 minutes	1	85
10/15/06	Practice touching snake for 45 minutes	2	40
10/16/06	Hold a snake for 45 minutes	1	60

Figure 8.1

Example of Exposure Rating form

Copyright © 2006 Oxford University Press