



My Exposure Diary

Date & Time	Exposure Activity	Anxiety Ratings (0-100%)	Duration	Comments
		Before Activity: _____ Start of Activity: _____ End of Activity: _____		
		Before Activity: _____ Start of Activity: _____ End of Activity: _____		
		Before Activity: _____ Start of Activity: _____ End of Activity: _____		
		Before Activity: _____ Start of Activity: _____ End of Activity: _____		