Daily Exposure Practice Form *Hyman & Pedrick 2005*

Task _____

Ritual prevention _____

Initial SUDS rating % (before starting ERP) _____

Goal SUDS level % (after ERP) _____

Frequency of Exposures _____ times per _____ (day/week)

Day/Date	Start time	Stop time	SUDS % start	SUDS % end	Comments

SUDS

0 10 20 30 40 50 60 70 80 90 100

No or minimal distress Moderate Severe distress Worst ever