

# Handout 5

## In Vivo Exposure Homework Recording Form

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Name: \_\_\_\_\_ Date: \_\_\_\_\_

1) Situation that you practiced \_\_\_\_\_

Date & Time	SUDS			Date & Time	SUDS		
	Pre	Post	Peak		Pre	Post	Peak
1.				5.			
2.				6.			
3.				7.			
4.				8.			

2) Situation that you practiced \_\_\_\_\_

Date & Time	SUDS			Date & Time	SUDS		
	Pre	Post	Peak		Pre	Post	Peak
1.				5.			
2.				6.			
3.				7.			
4.				8.			

3) Situation that you practiced \_\_\_\_\_

Date & Time	SUDS			Date & Time	SUDS		
	Pre	Post	Peak		Pre	Post	Peak
1.				5.			
2.				6.			
3.				7.			
4.				8.			