

Handout 6

Session 2 Homework Form

Name: _____ Date: _____

Therapist: _____

1. Continue breathing practice.
2. Read Handout 3: Common Reactions to Trauma, several times a week; share with important people in your life.
3. Review the List of Typically Avoided Situations for Trauma Survivors at home and add additional situations.
4. Review the Model of Gradual In Vivo Exposure.
5. Begin in vivo assignments. Use Handout 5: In Vivo Exposure Homework Recording Form to fill in SUDS levels before and after the exposure, as well as your peak SUDS level. Remember to stay in the situation long enough for your anxiety to come down.

Items for practice this week:

6. Listen to recording of entire session at least once.