Handout 8
Sessions 3–10 Homework Form

Name: _____ Date: _____

Therapist: _____ Session: _____

1. Continue breathing practice.
2. Listen to the recording of imaginal exposure at least once a day and, using Handout 7: Imaginal Exposure Homework Recording Form, rate your SUDS.
3. Continue with in vivo exposure exercises daily, working up the hierarchy with SUDS levels. Using Handout 5: In Vivo Exposure Homework Recording Form, write down when you practice. If you don't have your sheets with you and you do an in vivo exposure, you can note your SUDS and the situation, date, and time on any piece of paper or on your phone and then transfer this information to the handout when you get back to it. Items for practice this week:

4. Listen to recording of entire session one time.

Barbara Olasov Rothbaum, Edna B. Foa, Elizabeth A. Hembree, Sheila A.M. Rauch
Reclaiming Your Life from a Traumatic Experience.
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