

ACT Exposures Worksheet

Use this worksheet to identify exposure activities that you will commit to in the service of your values and personal goals.

What is the exposure exercise that I am committing to undertake?

How will this move me towards my values and goals?

What safety / avoidance behaviours am I willing to suspend in the service of my values and goals?

What uncomfortable thoughts and feelings am I willing to make room for when completing the exposure?

Record the exposure activity in the first column and the date / time in the second. In the third column rate how difficult (0-10) the activity is and in the final column rate how rewarding it felt (0-10) to complete this without reverting to safety or avoidance behaviours:

Exposure Activity	Date / Time	Difficulty (0-10)	Rewarding (0-10)