



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

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

333 N. Michigan Ave., Suite 1900

Chicago, IL 60601

Phone: 312-540-9955

[www.InsightBHC.com](http://www.InsightBHC.com)

### EXPOSURE GOAL SETTING FORM

Current SUDs:

0      1      2      3      4      5      6      7      8      9      10  
No distress      Some distress      Highest distress

Vulnerability Factors: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Values exposure is moving you toward: \_\_\_\_\_

\_\_\_\_\_

### TODAY'S EXPOSURE PLAN

Exposure description: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Focus Area (circle one):

mood / anxiety

body image

pre-binge

pre-purge

other: \_\_\_\_\_

What are we targeting? Why? : \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Projected SUDs:

0      1      2      3      4      5      6      7      8      9      10  
No distress      Some distress      Highest distress

Willingness: \_\_\_\_\_/10

Ways of avoiding during the exposure and re-engagement plan: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Predictions/Automatic thoughts: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

What safety behaviors have I used in the past when in similar situations: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Long term goals for this area: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Objective goals for exposure (How will I know I completed my exposure): \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

---

#### CHECK OUT

What were your SUDs at the

Beginning: \_\_\_\_\_ Middle: \_\_\_\_\_ End: \_\_\_\_\_ Peak: \_\_\_\_\_

Did you achieve your goals for the exposure? Explain: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Did my unhelpful thoughts/predictions come true? Alternative thoughts: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

What valued activity will you engage in? For how long will you do it? When? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

What is the take away and how can I use this in my life? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

How will you continue to build mastery in this focus area? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_