

Imagery-based Exposure Worksheet

Patient Information

Name: _____

Date of Assessment: _____ Age: _____ Gender: _____

Instructions: In this exercise, you will be guided through a series of imagery-based exposure scenarios. The purpose is to help you confront and manage your fears and anxieties gradually. Remember to take deep breaths and practice self-compassion throughout the process. Rate your distress level before and after each scenario on a scale from 0 to 10 (0 = no distress, 10 = maximum distress).

Scenario 1: Close your eyes and vividly imagine a mildly anxiety-provoking situation related to your fear. It could be a specific place, object, or event. Allow yourself to fully immerse in the imagery.

• **Description of the scenario:**

• **Distress level before (0-10):**

0 1 2 3 4 5 6 7 8 9 10

• **Distress level after (0-10):**

0 1 2 3 4 5 6 7 8 9 10

Scenario 2: Now, imagine a moderately anxiety-inducing situation. Focus on the details, emotions, and sensations you experience during this exercise.

• **Description of the scenario:**

• **Distress level before (0-10):**

0 1 2 3 4 5 6 7 8 9 10

• **Distress level after (0-10):**

0 1 2 3 4 5 6 7 8 9 10

Scenario 3: Take a deep breath and imagine a highly distressing situation related to your fear. Acknowledge any discomfort but try to stay with the imagery.

• **Description of the scenario:**

• **Distress level before (0-10):**

0 1 2 3 4 5 6 7 8 9 10

• **Distress level after (0-10):**

0 1 2 3 4 5 6 7 8 9 10

Scenario 4: Identify a worst-case scenario related to your fear. Challenge any catastrophic thoughts and observe how you respond emotionally.

• **Description of the scenario:**

• **Distress level before (0-10):**

0 1 2 3 4 5 6 7 8 9 10

• **Distress level after (0-10):**

0 1 2 3 4 5 6 7 8 9 10

Reflection: Take a moment to reflect on your experience during the imagery-based exposure. Write down any thoughts, emotions, or physical sensations you noticed during the exercise.

Coping Strategies: List the coping strategies you used during the exercise and how effective they were in managing your distress.

Positive Affirmations: Write down positive affirmations related to overcoming your fear. Repeat these affirmations daily to reinforce your resilience and progress.

Final Thoughts: In conclusion, jot down your overall thoughts about this imagery-based exposure exercise and any insights you gained from the process.