

# 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.