Example Form 11.2a: Record of Emotion Exposure Practice

<table>
<thead>
<tr>
<th>Date:</th>
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</thead>
</table>

**Exposure Task** (Briefly describe the activity you have chosen to bring up an emotional response)

*Introduce myself to new people at a bar*

<table>
<thead>
<tr>
<th>Preparation Before the Exposure</th>
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</table>

**Negative Automatic Thoughts** (List the thoughts you have about completing this exposure)
- I'll have nothing to say
- People have enough friends already
- People will think I'm annoying or weird for hovering

<table>
<thead>
<tr>
<th>Other Interpretations** (Are there ways you can think more flexibly about this exposure?)</th>
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</table>
- I have lots of interests, so we might be able to find common ground. Even if I can't think of something to talk about, the other person might.
- Already having friends doesn't mean they don't want more.
- People go to bars to mingle. I can't know for sure what people think of me.

**Emotional Behaviors** (List emotional behaviors that might prevent you from fully experiencing the emotions brought up by the exposure)
- Only approach people I'm not attracted to
- Have a few drinks quickly
- Keep the conversation short

<table>
<thead>
<tr>
<th>Alternative Action** (Identify other behaviors that will allow you to fully engage with the emotions brought up by the exposure)</th>
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</table>
- Make a point to approach people I'm interested in
- Stay sober or have just one drink
- Try to keep asking the other person questions/linger even if I run out of things to say

**Mindful Emotion Awareness**

Remember to take a **nonjudgmental** willing stance toward the emotions generated by the exposure

Remember to stay **anchored in the present** during the exposure.
### Debriefing After the Exposure

**What emotions did you experience?** Anxiety

**Break down of your emotional experience into its 3 parts**

<table>
<thead>
<tr>
<th>Thoughts</th>
<th>This is so awkward. Does anyone actually walk up to people they don’t know? They must think I’m such a loser. They can tell I’m nervous.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Physical Sensations</td>
<td>Racing heart, sweating, a little short of breath</td>
</tr>
<tr>
<td>Behaviors</td>
<td>Waited a long time to approach first person (had to psych myself up), apologized for interrupting</td>
</tr>
</tbody>
</table>

**Mindful Emotion Awareness**

How willing were you to experience your emotions (0 [not at all] - 10 [extremely])? 🌊

How effective were you at anchoring yourself in the present (0 [not at all] - 10 [extremely])? 🌊

**Cognitive Flexibility**

How effective were you at thinking flexibly during the exposure (0 [not at all] - 10 [extremely])? 🌊

**Countering Emotional Behaviors**

How effective were you at engaging in alternative actions during the exposure (0 [not at all] - 10 [extremely])? 🌊

**What did you learn by engaging in this exposure?**

**What did you learn about the task/situation you faced? What did you learn about your emotions? Did your negative predictions occur? What did you learn about your ability to cope?**

I learned that I can talk to people even when I’m feeling really anxious and that people are generally pretty friendly. I lost my train of thought, but I recovered and no one seemed to notice.

**What can you do differently in your next exposure? How can you use your skills to fully approach the emotions brought up by these exercises?**

I could act more confident when approaching people instead of apologizing. I can just jump into it as if I have nothing to lose — instead of waiting and building it up. I can share more personal information.