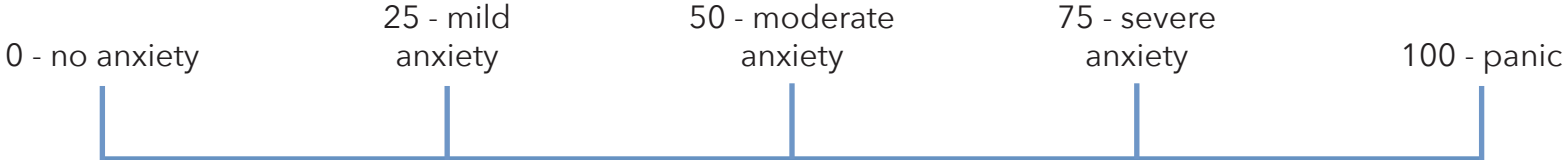


Graded exposure diary

Date and time	Situation	Did you use any safety behaviours?	What level of anxiety did you expect in this situation? 0-100	Anxiety level at the start of the session 0-100	Anxiety level at the end of the session 0-100	Time at the end of session	Comments



Date and time	Situation	Did you use any safety behaviours?	What level of anxiety did you expect in this situation? 0-100	Anxiety level at the start of the session 0-100	Anxiety level at the end of the session 0-100	Time at the end of session	Comments

