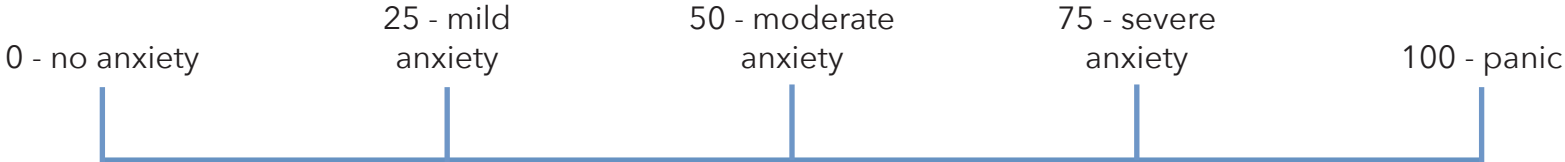


# Graded exposure diary (with examples)

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
<b>Monday 5 June 3pm</b>	<b>Supermarket on a weekday afternoon</b>	<b>Took a friend</b>	<b>70</b>	<b>70</b>	<b>35</b>	<b>5pm</b>	<b>Very scary but I did it.</b>
<b>Tuesday 6 June 3pm</b>	<b>Supermarket on a weekday afternoon</b>	<b>Went on my own but I did take a water bottle and stress remedy</b>	<b>65</b>	<b>60</b>	<b>30</b>	<b>4.30pm</b>	<b>I did it all on my own! I think it will be easier next time.</b>
<b>Thursday 8 June 3pm</b>	<b>Supermarket on a weekday afternoon</b>	<b>No! Hurrah.</b>	<b>40</b>	<b>30</b>	<b>15</b>	<b>4pm</b>	<b>Still hard but it's getting easier.</b>



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

