

## **Imaginal exposure: In session monitoring sheet**

At the end of each imaginal exposure, some time should be spent discussing the experience.

It is helpful to use a form on which the therapist records the SUDs from time to time during the entire exposure. Patients are also asked to record their SUDs at pre, peak and post imaginal exposure when doing the exercise at home.

This recording demonstrates to clients that their anxiety is, in fact, coming down as they repeatedly confront the painful memories.

It is also helpful to discuss 'hot spots' together and to record any key points in the comments section of the monitoring sheet. This helps the client process information related to these hot spots.

# Imaginal exposure: In session monitoring sheet

Name: \_\_\_\_\_

Traumatic event: \_\_\_\_\_

Date	Session number	SUDS (0-100)			Comments (e.g. hot spots, new information)
		Pre	Peak	Post	