



## Self-monitoring chart for exposure tasks

Exposure tasks can be listed and evaluated

Date	Exposure task (Describe the task)	Prediction (Before exposure, what do you expect the outcome to be? Rate belief in your prediction 0–10)	Outcome (Describe outcome of the exposure task. What happened?)	Did prediction occur? (Yes/No)	Re-rate prediction (0–10)
12/04/01	Go to lift	Feeling of overwhelming panic 10	Some anxiety but not out of control	No – not as bad as I had feared	6

**EXAMPLE ONLY**

Date	Exposure task (Describe the task)	Prediction (Before exposure, what do you expect the outcome to be? Rate belief in your prediction 0–10)	Outcome (Describe outcome of the exposure task. What happened?)	Did prediction occur? (Yes/No)	Re-rate prediction (0–10)

## Self-monitoring chart for thoughts and feelings

Situations and responses may be listed and assessed

Date	Situation	Mood or feelings (Rate 0–10)	Core thoughts	'Evidence' for core thought	'Evidence' against core thought	Alternative thoughts	Re-rate mood or feelings (Rate 0–10)
12/04/01	Going to supermarket	Fear of queue 8	Going to lose control. Certain to faint.	Felt out of control before. You cannot feel this bad without fainting.	Never actually lost control. Have felt this bad and worse and not fainted.	May have some control this time. I may sit down if I feel faint.	5

Date	Situation	Mood or feelings (Rate 0–10)	Core thoughts	'Evidence' for core thought	'Evidence' against core thought	Alternative thoughts	Re-rate mood or feelings (Rate 0–10)