

Imagery Based Exposure Worksheet

The *Imagery Based Exposure* worksheet is designed to guide clients through exposing themselves to strong negative emotions produced by a recent difficult past event. Through exposure to the memory, clients learn to sit with their discomfort until it begins to subside, thereby learning and practicing acceptance. Through exposing oneself to all of the feelings and urges felt in a particular situation and surviving this experience, the power the situation or memory holds reduces.

The *Imagery Based Exposure* worksheet includes 7 steps:

Imagine

1. Bring to mind a recent memory that provokes a strong negative emotion(s). Try to remember the situation in as much detail as possible.

Distress level

2. Rate your level of distress (0-100% on personal stress scale).

0%	10%	20%	30%	40%	50%	60%	70%	80%	90%	100%

Observe

3. Observe the thoughts, emotions, and behavioral urges that show up in response to this memory.

4. What feelings and emotions showed up in response to this memory?

Exposure

5. Sit with the difficult thoughts, emotions and urges tied to this memory.

Distress level

6. Re-rate your level of distress (0-100% on personal stress scale).

0%	10%	20%	30%	40%	50%	60%	70%	80%	90%	100%

7. Continue to sit with the discomfort and re-rate level of distress until the client's personal stress rating has reduced to half that of his/her original rating (Step 5).