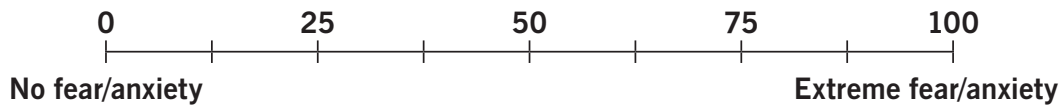


FORM 3.1

Sample Subjective Units of Distress Scale Anchors Form



Describe a situation or event that would probably cause the following level of anxiety:

25 Experiencing mild anxiety.

50 Anxiety becomes uncomfortable.

75 Anxiety very uncomfortable.

100 Highest anxiety ever experienced, or worst imaginable anxiety.

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FORM 3.2

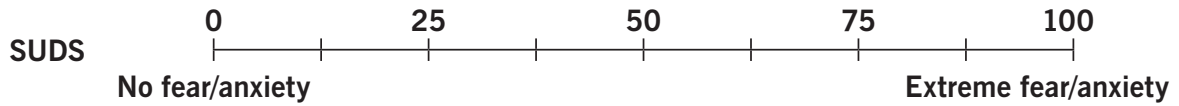
Trigger and Response Listing Form

Rank	Trigger	Response

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FORM 3.3

Trigger–Response Hierarchy Form



	Trigger	SUDS	Response
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			

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FORM 4.1

Confidentiality Contract

This instrument is a contract for confidentiality among members of this group whose purpose is the reduction of anxiety among its members. Each member of this group acknowledges the need to keep personal information shared in the group private.

For the purpose of this group, any information shared by a group member about him- or herself should be considered personal and private information.

In order to become a group member and maintain membership in the group, each person must agree to protect this private information. Information gathered about other members of the group cannot be shared with anyone else. That information shall remain with the group members and not be transmitted or communicated to any other person.

If you agree to abide by these restrictions, please acknowledge your agreement by signing in the space below.

SIGNATURE

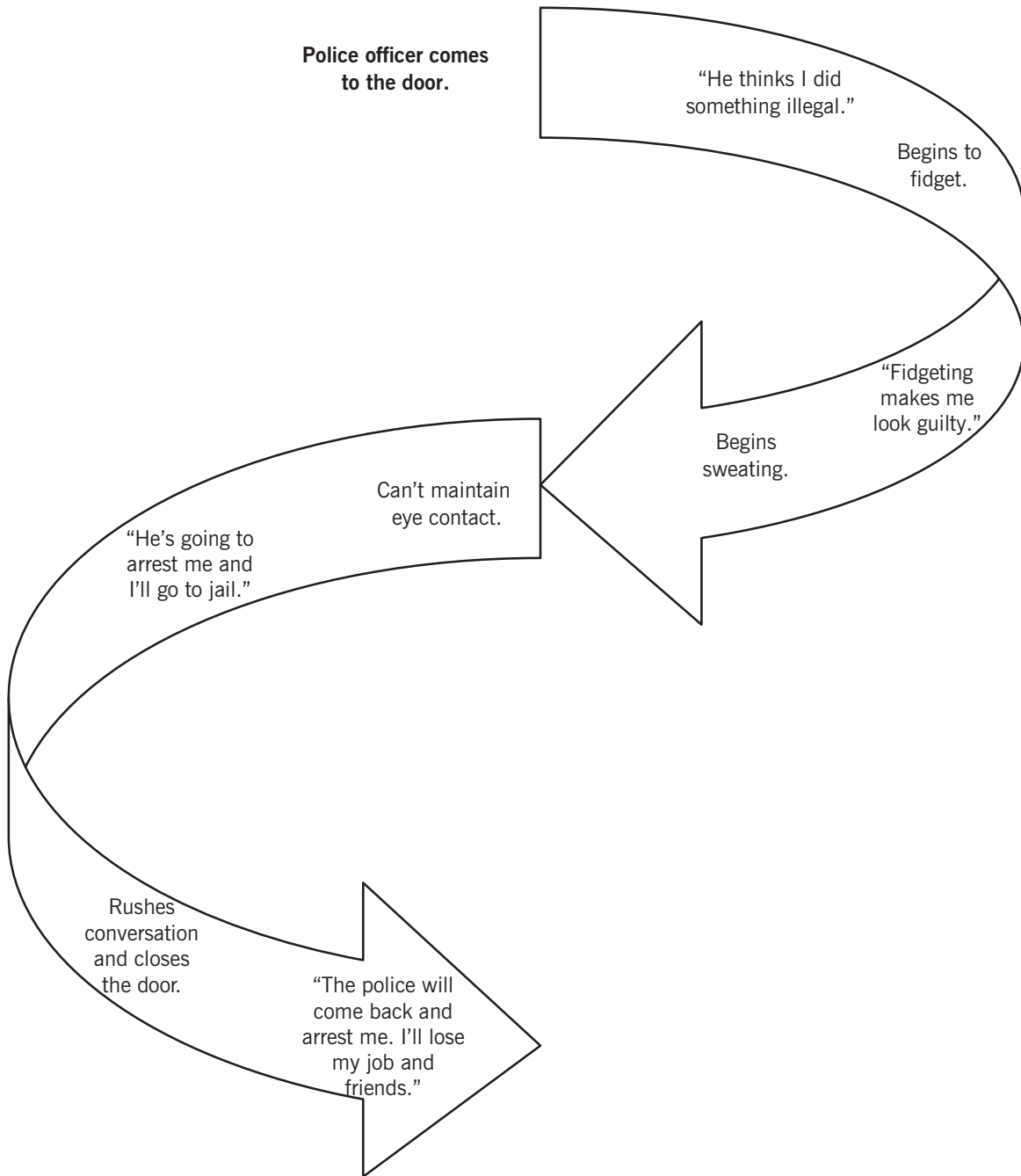
DATE

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Note. Adapted from Heimberg (1991) with permission from the author.

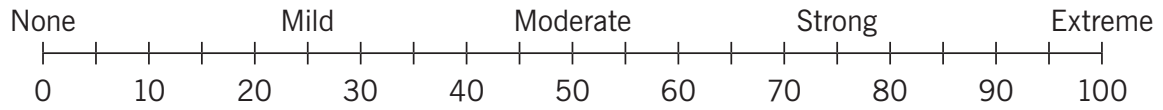
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Interaction of Anxiety Components



FORM 4.3

Daily Self-Monitoring Form



Date	Average Anxiety (0 to 100)	Average Stress (0 to 100)	Notes

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FORM 4.4

Monitoring the Three Components of Anxiety

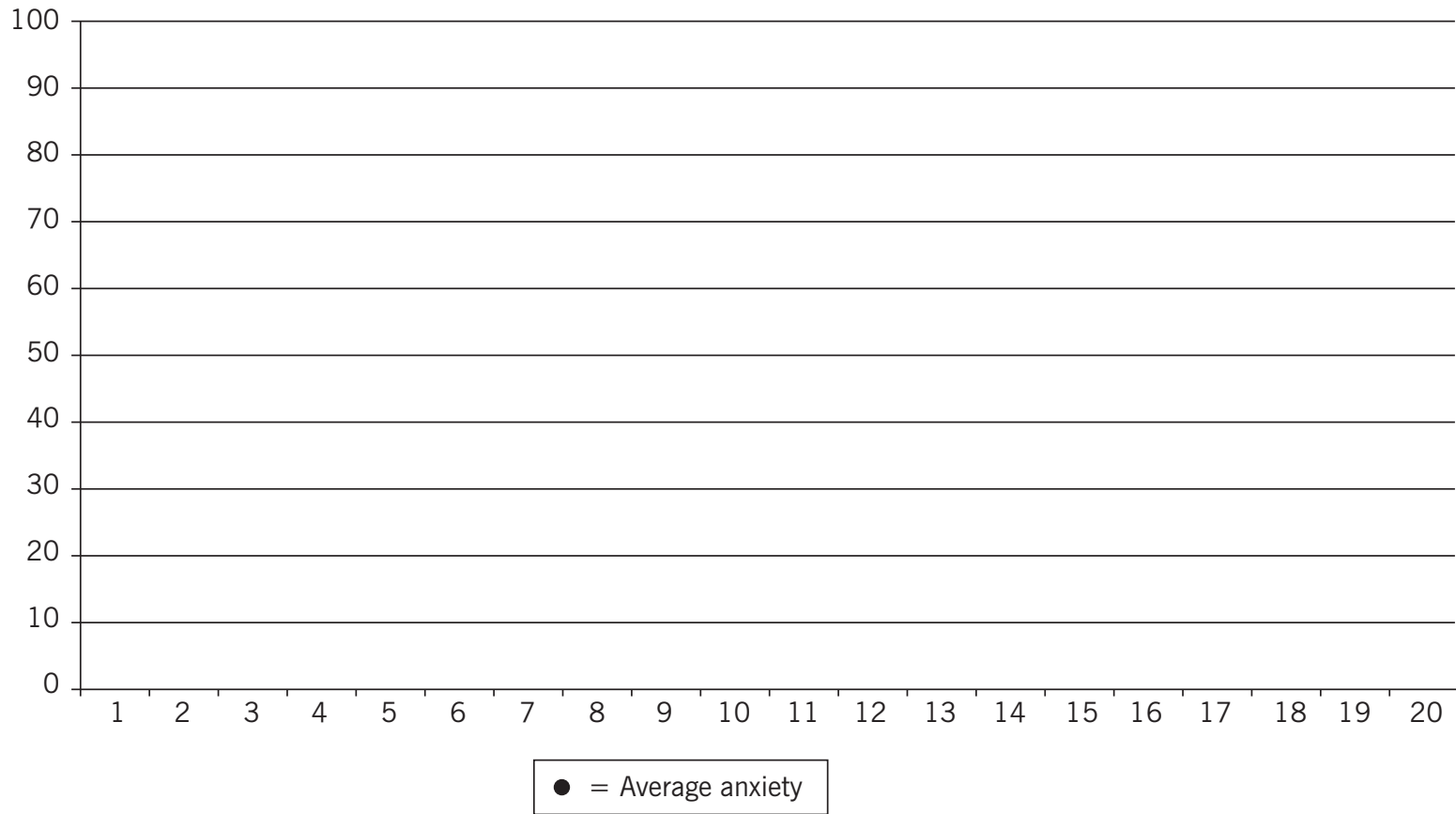
Date: _____

Briefly describe the anxiety-provoking situation.

Physiological Component	Cognitive Component	Behavioral Component
What I <i>felt</i> was . . .	What I <i>thought</i> was . . .	What I <i>did</i> was . . .

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FORM 5.1
Self-Monitoring Graph



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FORM 5.2

Thought Monitoring Form

Date: _____

Describe the trigger that made you anxious or fearful.

List the automatic thoughts you recall having.

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Disputing Questions

1. Do I know for certain that _____?
For example: Do I know for certain that I am having a heart attack?
2. Am I 100% sure that _____?
For example: Am I 100% sure that the elevator will run out of air?
3. Does _____ really mean _____?
For example: Does feeling anxious really mean looking incompetent?
4. What evidence do I have that _____?
For example: What evidence do I have that my children are hurt?
5. Is there another explanation for _____ besides _____?
For example: Is there another explanation for the bumpiness besides “the plane is crashing”?
6. What are the chances that _____ will actually happen/has actually happened?
For example: What are the chances that someone will slip and hurt herself on that water I spilled?
7. If I did _____, what is the worst that would really happen?
For example: If I did start shaking, what is the worst that would really happen?
8. If _____ did happen, how bad would it be?
For example: If people did disagree with me, how bad would it be?

Cognitive Restructuring Practice

Describe the trigger that made you anxious or fearful. _____

List the major automatic thoughts you experienced.

1. _____

2. _____

3. _____

4. _____

5. _____

Pick one of these automatic thoughts, probably the strongest one, and identify the thinking errors in that thought.

Thinking Error

Explain

(cont.)

Cognitive Restructuring Practice *(page 2 of 2)*

Use disputing questions to challenge the automatic thought.

Disputing question: _____

Answer: _____

Q: _____

A: _____

Q: _____

A: _____

Q: _____

A: _____

Develop a rational response. Remember, the rational response should be brief and positive, and it should remind you of the major points in the answers to the disputing questions.

In-Session Exposure Form

Describe the exposure (please be brief but provide the important details).

List the major automatic thoughts you will probably have in this exposure.

1.

2.

3.

Pick one automatic thought and identify evidence of overestimation or catastrophizing.

Use disputing questions to challenge the automatic thought.

Q:

A:

Q:

A:

Q:

A:

Q:

A:

Develop a rational response (brief, positive, and summarizing disputing question answers).

(cont.)

In-Session Exposure Form (page 2 of 2)

Behavioral goal(s): _____

SUDS	0	50	100
	None	Moderate	Extreme
Time 0	_____	_____	_____
Time 1	_____	_____	_____
Time 2	_____	_____	_____
Time 3	_____	_____	_____
Time 4	_____	_____	_____
Time 5	_____	_____	_____
Time 6	_____	_____	_____
Time 7	_____	_____	_____
Time 8	_____	_____	_____
Time 9	_____	_____	_____
End	_____	_____	_____

Notes:

Homework Exposure Form

Date: _____

Describe the exposure (please be brief but provide the important details).

List the major automatic thoughts you will probably have in this exposure.

1. _____
2. _____
3. _____

Pick one automatic thought and identify evidence of overestimation or catastrophizing.

Use disputing questions to challenge the automatic thought.

Q: _____

A: _____

Q: _____

A: _____

Q: _____

A: _____

Q: _____

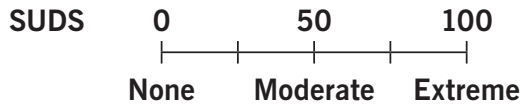
A: _____

Develop a rational response (brief, positive, and summarizing disputing question answers).

(cont.)

Homework Exposure Form (page 2 of 2)

Behavioral goal(s): _____



Just before Exposure _____

Highest during _____

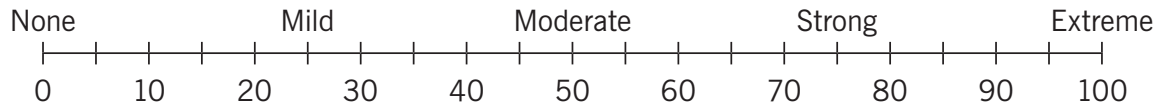
Lowest during _____

Just after Exposure _____

Notes:

FORM 9.1

Daily Self-Monitoring Form (with Trigger Identification)



Date	Avg. Anxiety (0 to 100)	Avg. Stress (0 to 100)	Avg. Depression (0 to 100)	Avg. Other Neg. Emotion (0 to 100)	Describe the stress or depression trigger. Identify any automatic thoughts.

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Advanced Cognitive Restructuring: Monitoring and Reevaluating

Describe the trigger and situation that had produced your negative (anxious, depressed, angry, etc.) mood.

List the major automatic thoughts underlying the negative mood.

Evidence of Overestimation	Evidence of Catastrophizing

(cont.)

Advanced Cognitive Restructuring: Monitoring and Reevaluating *(page 2 of 2)*

Use disputing questions to challenge the thoughts underlying the negative mood.

Disputing question: _____

Answer: _____

Q: _____

A: _____

Q: _____

A: _____

Q: _____

A: _____

Describe the trigger and situation that had produced your negative mood from the new perspective gained after using cognitive restructuring.

Advanced Cognitive Restructuring: Core Themes

By now, you have become an observer of yourself and your reactions. Describe a core theme you have identified as underlying your negative reactions to events or situations.

Briefly describe several problematic situations that came about because of this theme.

Evidence of Overestimation	Evidence of Catastrophizing

(cont.)

Advanced Cognitive Restructuring: Core Themes (page 2 of 2)

Use disputing questions to challenge the core theme.

Disputing question: _____

Answer: _____

Q: _____

A: _____

Q: _____

A: _____

Q: _____

A: _____

Develop a rational response: Remember, the rational response should be brief and positive, and it should remind you of the major points in the answers to the disputing questions. Store this rational response in memory, so that you can recall it when you need it.

Ways to Maintain Gains and Continue Improvement

1. Approach Anxiety.

Treat every episode of anxiety as an opportunity to gain more control by doing your own exposure exercises. Your goal should be zero anxiety behaviors.

I will not _____ any more.

2. Practice.

Regularly practice and use your cognitive restructuring skills with your fears, your negative reactions to daily events and situations, and the core themes you identify.

Practice not only makes perfect, but practice makes habit.

3. Reward Yourself.

You have worked very hard and made some difficult changes in your life. You deserve a reward or celebration. Find an enjoyable and memorable way to give yourself the pat on the back you deserve.

Action Plan for Combating Lapses

I have control over my anxiety.

If I feel myself having a lapse, I will do the following:

1. Practice Cognitive Restructuring

- Identify the automatic thoughts involved in the lapse.
- Identify thinking errors in the automatic thoughts.
- Ask and answer disputing questions to challenge the thoughts.
- Develop a rational response.

2. Begin Doing My Own Exposures to Intentionally Confront the Lapse.

- Identify the trigger that started the lapse.
- Develop a hierarchy of steps to gradually confront the trigger.
- Identify any coping behaviors I am using, and stop.
- Practice exposures until my anxiety no longer goes over 40 out of 100.

FORM 11.3.

**Signs That I Should Consider
Calling the Clinic for a Booster Session**

Every once in a while, something may happen when you might want or need some help to overcome a lapse and get back on track. We want to be there to help. If you experience any of the warning signs listed below and cannot regain control yourself using cognitive restructuring and exposure, call _____ or _____ at () - .

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