





0 1 2 3 4 5 6 7 8 9 10
No distress Some distress Highest distress



**Eating
Recovery
Center**



**Pathlight
Mood &
Anxiety
Center**

What challenges, unhelpful thoughts, or urges did you face?

What coping skills did you use during the exposure? Did they work?

What valued activity can you engage in now that the exposure is completed?

How will you continue to build and work on this exposure?

Any other final thoughts or takeaways?
