Trauma-Related OCD Exposure Tracking Log

This exposure tracking log is intended to be used for exposure exercises that are related to both OCD thoughts, images, urges, and anxiety, as well as trauma-related responses such as trauma-related thoughts, memories, urges, beliefs, and distress.

Exposure exercise:
Safety behaviors to resist:
What I expect/fear will happen if I do this exposure while resisting my safety behaviors:
Trauma-related memories, thoughts, emotions, or behavior urges that might come up:

Prior to completing the exposure, consider how your OCD-related anxiety (as measured by subjective units of distress [SUDS]) may *feel* differently in your mind or body than your trauma-related distress (as measured by SUDS). You have the option to track these separately if it is helpful.

Trial #	Date/Time	OCD SUDS Rating (0-100)			Trauma-Related SUDS Rating (0-100)			Elapsed time
		Beginning	**Peak**	**Final**	**Beginning**	**Peak**	**Final**	
1								
2								
3								
4								
5								

Did my fears/expectations come true? If so, were they as bad as I thought they would be? How likely is it that these fears/expectations will happen in the future (0-100%)?
What trauma-related memories, thoughts, emotions, or behavior urges came up for me? How was I able to tolerate those?
Did my OCD-related anxiety feel different than my trauma-related distress? If so, how well was I able to notice and track this difference?
What did I notice about how my OCD and trauma were related during this exposure?
What did I learn from doing this exposure?
What, if anything, should I troubleshoot about this exposure (e.g., if something did not go well)? How can I do this exposure more effectively next time?