

HANDOUT 1.2

POST-EXPOSURE SKILLS PLAN

Doing exposure tasks, either in-session or as homework, is likely to elicit intense emotions (e.g., fear, guilt, shame, anger, sadness) and may also lead to urges to engage in various problem behaviors. Please list below any skills you can use after doing exposure to manage any intense emotions you may have as well as ensure that you do not engage in any problem behaviors.

Skills to Use

1.
2.
3.
4.
5.
6.
7.
8.
9.
10.

Problem Behaviors to be Avoided

1.
2.
3.
4.
5.