

## Imaginal Exposure Chart

Right before starting your imaginal exposure, jot down your plan. You'll find that this step will enhance your learning and willingness. As you engage in the exposure, remember to be open, aware, and actively engaged in this activity. When you are done with the exposure, complete step 7.

<b>1. Listen to My Script</b>	
<b>2. Mind's Predictions</b>	
<b>3. Core Fear I'll Imagine during the Exposure</b>	

How Will I Respond?

<b>4. Be Open</b>	
<ul style="list-style-type: none"> <li>• Adopt a willingness stance. Where is my willingness before the exposure? How long can I do the exposure?</li> </ul>	
<ul style="list-style-type: none"> <li>• Acknowledge my internal experiences</li> </ul>	
<ul style="list-style-type: none"> <li>• Allow my internal experiences</li> </ul>	

<b>5. Be Aware</b>	
<ul style="list-style-type: none"> <li>• Advance to the present moment</li> </ul>	
<ul style="list-style-type: none"> <li>• Access my observing-self perspective and remember my self-compassion mantra</li> </ul>	
<b>6. Be Actively Engaged in What Matters Most</b>	
<b>7. Note What I learned</b>	