

Worksheet for Exposures

Setting Up the Exposure

Description of exposure:

Predictions/feared outcomes of exposure:

How will you know if feared outcome has occurred and how will your predictions be evaluated?

USE NEXT PAGE TO RECORD RATINGS DURING THE EXPOSURE

Post-Processing

Summary of what was learned:

Plans for subsequent exposures:

Form 9 Worksheet for Exposures

Ratings for exposures

How self-focused were you during the experiment? (0 = completely outwardly focused; 10 = completely self-focused.)

Rating (use 0-10 scale)	Predicted	Actual
How anxious do you expect to feel/did you feel?		
How anxious do you expect to appear/think you appeared?		
How do you think your overall performance will be/went?		
Other –		
Other –		

Video Feedback

Rating (use 0-10 scale)	Predicted (What I expect to see)	Actual (What I really see when I watch as an objective observer)
How anxious do you think you appeared?		
How do you think your overall performance was?		
Other (from above, if applicable) –		
Other (from above, if applicable) –		
Other (based on what they expect to see in video) -		
-		
Other (based on what they expect to see in video) -		
-		

Confederate ratings

Rating (use 0-10 scale)	Confederate Ratings
How anxious do you think that _____ felt?	
How anxious do you think that _____ appeared?	
How do you think _____'s overall performance was?	
How anxious were <i>you</i> during the exposure?	
Other –	
Other –	