EXPOSURE THERAPY ASSESSMENT FUNCTIONAL ANALYSIS

4.

THE

E ANTECEDENTS OF THE ANXIETY EPISODE		
1.	What exactly was going on before you became anxious?	
2.	What was going on around you in the environment?	
3.	What were you doing?	

Were you thinking about anything in particular?

•	6.	Did you notice any specific physical sensations?
	NXIET	Y EPISODE ITSELF How long did it last?
	2.	What physical sensations did you have?
	3.	How intense did it get?

5.

What emotions were you feeling?

4.	What thoughts were going through your mind?
THE CONSE	QUENCES OF THE ANXIETY EPISODE
1.	Did you do anything to try to prevent or reduce the anxiety?
2.	If so, what effects did these behaviors have?
3.	How did the episode end?

5. How did you feel?

6. What did you do afterwards?