

**Progress Log**

**Breathing Retraining (10 min, 3x a day)**

Date	Practice 1 (time)	Practice 2 (time)	Practice 3 (time)
1.			
2.			
3.			
4.			
5.			
6.			
7.			

**Imaginal Exposure (Listen to trauma narrative part of session once a day.)**

Date and Time	SUDS (0-100)			How long (in minutes)?
	Before	After	Highest	Notes.
1.				
2.				
3.				
4.				
5.				
6.				
7.				

**Listen to the whole session recording once between sessions. Date \_\_\_\_\_**  
(Date completed)

**Notes from listening to the session:**

**(Continued on next page.)**

### In-Vivo Exposure Practice

In-Vivo #1 \_\_\_\_\_

Date and Time	SUDS (0-100)			How long (in minutes)? Notes.
	Before	After	Highest	
1.				
2.				
3.				
4.				
5.				
6.				
7.				

In-Vivo #2 \_\_\_\_\_

Date and Time	SUDS (0-100)			How long (in minutes)? Notes.
	Before	After	Highest	
1.				
2.				
3.				
4.				
5.				
6.				
7.				

In-Vivo #3 \_\_\_\_\_

Date and Time	SUDS (0-100)			How long (in minutes)? Notes.
	Before	After	Highest	
1.				
2.				
3.				
4.				
5.				
6.				
7.				