

Graded Task Assignment

1. Task I need to complete: _____
2. What emotion are you most likely to feel when you make an attempt to complete this task that you've been avoiding: _____
3. List the components (or steps) of this task and rate the emotional intensity of each component based on how you have felt or believe you would feel completing each component of this task. Use the SUDS scale of 0 to 100 to describe the measure of intensity for each component. Remember, 0 means no discomfort and 100 means maximum discomfort.

| Task Components (steps) | SUDS Rating |
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