

Imaginal Preview Worksheet

Target Task: _____

Sensory Detail (sights, sounds, posture, temp, smell):

Imagined Action (start to finish):

Coping Skill Used (e.g., breath, STOPP):

Positive Aftermath (completion, praise, relief):

SUDS Rating (0-100):

Before Preview: _____ After Preview: _____

Adjust plan for next week based on what worked and what did not.