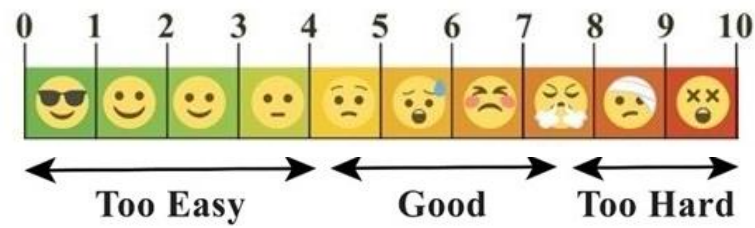


Question 1: How challenging was it to fulfill the skill criteria for this exercise?



Question 2: Did you have any reactions in “good challenge” or “too hard” categories? (yes/no)

Good Challenge			Too Hard		
Emotions and Thoughts	Body Reactions	Urges	Emotions and Thoughts	Body Reactions	Urges
Manageable shame, self-judgment, irritation, anger, sadness, etc.	Body tension, sighs, shallow breathing, increased heart rate, warmth, dry mouth	Looking away, withdrawing, changing focus	Severe or overwhelming shame, self-judgment, rage, grief, guilt, etc.	Migraines, dizziness, foggy thinking, diarrhea, disassociation, numbness, blanking out, nausea, etc.	Shutting down, giving up

Too Easy



Proceed to next difficulty level

Good Challenge



Repeat the same difficulty level

Too Hard



Go back to previous difficulty level