

Taking on Tough Situations

1. My ultimate goal is to:

3. My first exposure will be:

4. After completing your first exposure, fill out the rest of the table below. Once your anxiety is low for this exercise, move on to the next goal in your list above until you achieve your ultimate goal.

2. I can expose myself slowly in steps:

EASIEST:

EASIER:

MIDDLE:

HARDER:

HARDEST:

	BEFORE THE EXERCISE:			DURING THE EXERCISE:		AFTER THE EXERCISE:	
EXERCISE	Date & Time	Time Length	Anxiety Before	How did you feel?	What were your thoughts?	What did you learn?	Anxiety After
<i>Ex: Ride the train 1 stop</i>	<i>Ex: Monday, 6:00 pm</i>	<i>Ex: 5 min</i>	<i>Ex: 8</i>	<i>Ex: Scared and tense</i>	<i>Ex: I'll have an attack and embarrass myself</i>	<i>Ex: I was able to cope a bit. I didn't have an attack.</i>	<i>Ex: 6</i>