

Doing Exposure Worksheet

“Exposure” means facing fears to overcome them. Being afraid, anxious or worried when it is not dangerous can get in the way. When you face fears on purpose, you learn 1) your worst fears are not likely to happen, or 2) you CAN handle it. Avoiding fears makes them grow, but facing fears shrinks them.

What is your fear?

Before you start:

List exactly what you will do to face your fear. (Be specific about what you will do and for how long.)

What are you afraid will happen if you do this? (Be specific.)

How high do you think your anxiety will get (0-100)?

What is a reward you can have for facing your fear successfully?

After you finish:

Did you meet your goals?

How did your experience compare to what you were afraid would happen?

List any evidence that you can actually handle this situation:

How high did your anxiety get (0-100)?

Plan for this week:

Date	/	/	/	/	/	/	/
What I will practice:							
Highest anxiety rating (0-100)							
What did you notice?							