

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, 2) they aren't as bad as you expected, or 3) you can handle it. Avoiding fears makes them grow, but facing fears shrinks them.

Before you start:

List exactly what you will do to face your fear. (Be specific about your goals—what will you 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 (0-10)?

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

After you finish:

Were you able to face your fears?

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

What did you learn? What evidence do you have that you can handle the situation?

How high did your anxiety get? Rate on a scale from 0 (totally calm, no anxiety) to 10 (the most anxious you've ever been).

At-Home Exposure Tracking Sheet

Date	/	/	/	/	/	/	/
What I will practice:							
My reward for practicing:							
Highest anxiety rating (0-10)							
What did you notice?							