

Exposure Treatment Exercise



“Have you ever been swimming in a pool and the water was cold? How would you go into the pool? Some people jump right in all at once, but a lot of people stick their toes in the water and let them get used to it. Then, they go a little bit more and get used to the cold water, then a little bit more, and then more until their whole body is under the water and they are used to it. This is similar to what we will do when we talk about the abuse. We will talk about a little and let you get used to talking about it, then a little more, and a little more, until you are able to talk a lot about it and feel okay.”
