

Facing situations that cause Anxiety.

This is an exercise is facing situations that cause anxiety or fear.

Instructions: choose an area of your life you wish to change that is limited by fear or anxiety. This also works for other conditions such as PTSD etc.

Follow the example.

Think of something you'd like to change (goal), break it down into smaller steps to bring you closer to your goal. Rate each step on a scale of 0 to 10. 0 being no anxiety, 5 being mid-way point, 10 meaning overwhelming anxiety or fear. This is your anxiety level thinking about these steps. Finally write down what you will do to manage each step. Use another page if needed and keep a record of how it turned out so you can see how well you did. Tick off each stage that worked.

The final Goal	Smaller steps, anxiety level	What I can do to manage.
<p>EXAMPLE Go horse-riding again as I haven't been since I got thrown off.</p>	<ol style="list-style-type: none"> 1. Stroke a horse Anxiety 2/10 2. Sit in the saddle Anxiety 6/10 3. Ride around the paddock Anxiety 6/10 4. Ride in the countryside with a friend Anxiety 8/10 5. Ride in the countryside alone. Anxiety 10/10 	<ol style="list-style-type: none"> 1. Have a friend hold the horse. Actual anxiety /10 2. Ask my partner or friend to walk next to me. Actual anxiety /10 3. Remind myself I can do this. Actual anxiety /10 4. Remember my breathing exercises. Actual anxiety /10 5. Try to relax and enjoy the countryside. Actual anxiety /10 6. Let my friend know when I get back and how it went. How I feel now /10

		
		