

Facing Your Fears worksheet

Exposure Exercise:		To drive to Broadway Bridge with Julie, park in the parking bay halfway over the bridge and wait there for long enough until my fear drops by half. I should not talk to Julie as this may distract me too much		
		Exposure Ratings (0 - 100) where 0 = 'No fear' and a 100 = 'Full panic'		
Exposure		Immediately before the start (or where fear/anxiety is at its peak)	End of Exposure (you should do it long enough for your fear/anxiety to fall at least by 50% of what was recorded in the previous column)	Duration of Exposure exercise
Sat 16 May	Session 1	60	30	45 mins
Sun 17 May	S2	55	30	40 mins
Mon 18 May	S3	50	25	40 mins
Tue 19 May	S4	40	15	30 mins
Wed 20 May	S5	30	15	20 mins
Thu 21 May	S6	20	10	5 mins

Comments

I was terrified at the thought of having to do this, but although it was difficult I was surprised at how quickly my physical sensations sorted themselves out. They were the same physical sensations I have been having a lot of with the panic attacks, but they went away all on their own, and the time it took them to go away dropped right down, doing this just six times. I want to do it a couple more times, but I'm really happy with this. If all is good I will move to the next exercise on my Panic Cycle ladder: 'Working by the window but in lower-floor flat'.

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	S2			
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	S6			

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