

Facing Fears (Example)

(Example: Specific Phobia: Driving)

Date: January 12th

Exposure Exercise (What fear am I facing?): driving in a residential area

Fear Rating:

1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 – 10
No Fear Moderate Fear Extreme Fear

Start: 6

End: 3

Length of Time of Exposure: 30 mins

What did I learn? I was scared at first. It did get easier as I kept driving. My
anxiety was less this time than yesterday when I did the exposure exercise.

Facing Fears (Example)

(Example: Social anxiety)

Date: June 27th

Exposure Exercise (What fear am I facing?): Asking strangers questions
(asked for directions to the post office).

Fear Rating:

1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 – 10
No Fear Moderate Fear Extreme Fear

Start: 8

End: 4

Length of Time of Exposure: 35 mins – asked 12 people during that time

What did I learn? My anxiety did drop and by the end I wasn't that anxious.

Most people were pleasant and helpful – only one person was rude and did not
help – so I guess asking for help doesn't necessarily annoy others.