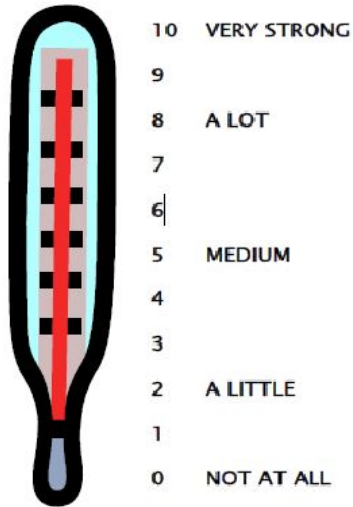


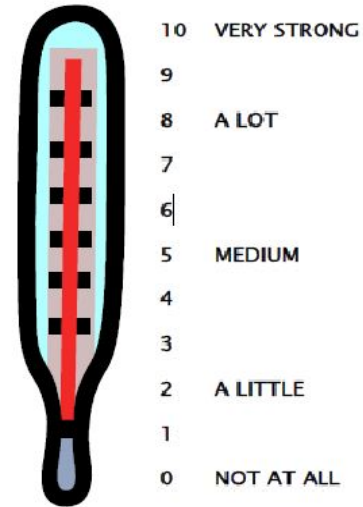
Fighting Fear

Date and Time: _____ Exposure Task: _____

MY ANXIETY BEFORE (circle a number)



MY ANXIETY AFTER (circle a number)



What is my automatic/scared thought about doing this?

What is a coping thought I can use to stay calm?

Number of minutes I did the task: _____

How scared did I get during it? (Maximum) _____

This task was: EASY A LITTLE HARD TOO HARD

Did coping thought help? YES! SOME NO I DID'T TRY

What else helped? _____

What did I learn? _____
