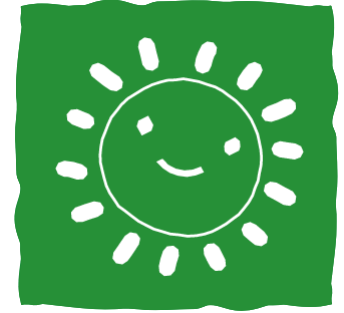


# Confronting Our Fears Using Exposure Therapy



Exposure therapy is essentially doing what scares you. It's about retraining your brain so that instead of avoiding the things you fear, you can push through them. Here are some tips to harness the power of exposure therapy next time you're feeling anxious.

## Instructions

1

### REFLECT

Write down a few actions that you find daunting, anxiety-inducing, or scares you in everyday life—e.g., finding someone to eat lunch with, talking to a teacher, or getting ready for an event.

2

### RANK

Rank your fears from 1 (not scared) to 10 (avoid at all costs). Circle the ones with the highest scores.

3

### CONTACT A FRIEND

Talk about the situations you circled, where you tend to have the most fear or anxiety, with a friend or loved one.

4

### CREATE A GAMEPLAN

Choose a specific fear with your friend to face head-on. Plan how you'll deal with it, ensuring you're going beyond your comfort zone.

As you go through the activity together, check-in regularly on how you're feeling on the 1-10 point scale with your companion. Aim to execute your plan, but have a code word to stop if it becomes too daunting or your anxiety gets too high. Just remember, the more you can persevere, the stronger and more confident you'll feel!

5

### REWARD!

Be sure to pre-plan and make time for something fun to do afterward; you deserve a reward!

## Reflections & Actions

**What did you learn about yourself and what you're capable of?**

**Write this down so you remember!**

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**Is the fear or anxiety often worse than the reality?**

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**Remember, we can all accomplish more than we give ourselves credit for. Getting out of your comfort zone is a great thing to do, as long as you have a 'soft place' to land, with a supportive partner or an end reward.**