

Exposure Plan

With the Exposure Plan you keep track of the trials that you have gone through to deal with your fear.

This will reinforce the learning effect. It is paramount to apply many trials for your brain to create a new neural network. Our brain just don't like change that much. That's why you need to have many new trials to really feel and experience that your prediction of fear is false evidence. It is for this reason indispensable that you keep practising a lot. See it as training a muscle at the gym. In this perspective I recommend that you ask for help from a professional such as a coach or psychologist.

It is of significance that you consider a trial as successful once you have finalized it, even when you felt afraid whilst doing it. When you repeat the exercise, focus on the activity itself and not on the anxiety. Let's say you are in the subway again and you are in panic, be aware that you have successfully passed the test, as the debacle didn't occur and you've endured the panic and didn't avoid it. Feeling and experiencing fear is just an essential part of your trial. The goal of therapy is not that you are never anxious again, but it rather learns you learn to deal with fear, learns to 'embrace' and 'bear' it and let you experience fully that you can do the things you want to do despite the fear.

Tips:

- Consult someone from your inner circle and explain which trials you intend to work out, in order for this person to motivate you to continue folding out your plan. This specific person can act as your help for support and serve as a carrier of a 'big stick'. You may consider practicing it together first before you are doing it on your own.
- A trial cannot fail. As you have investigated closely what could happen when you face your fear and experience whether your fearful prediction of anxiety is real or not.
- Taking small steps are also valuable steps. Keep complimenting and rewarding yourself even if the step feels tiny to you. What matters is that you keep moving towards your goal. It is preferable to take a small step that succeeds rather than a step that is too large and fails as a result.
- Use this form to review the conclusions to create more confidence and get extra motivation.
- Once you have overcome a fear, take a picture of yourself. Hang this picture as a strong reminder and proof that you can cope with your situations.

Keep practicing and doing your trials! It's like training a muscle in a work out. You can do it!

Date	Prior to experiment Describe the experiment What exactly am I going to do to challenge my fear? When am I going to do it; Who is involved, etc.).	How much fear do I feel? 1-10	What is my fearful prediction? what kind of disaster do I fear? For example: I'm going to pass out, I'm going crazy, others will reject me.	After experiment What really happened? Describe here what your experience was. And whether your prediction did become false or true.	How do I explain this? What does this mean? What did I learned from this?