## Facing Fears Form (Sample) (Example: Specific Phobia: Driving) **Date:** \_\_\_\_\_ January 12<sup>th</sup> Exposure Exercise (What fear am I facing?): <u>driving in a residential area</u> Fear Rating: 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10 **Moderate Fear** No Fear **Start**: *6* End: <u>3</u> **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. (Example: Social anxiety) Date: June 27<sup>th</sup> Exposure Exercise (What fear am I facing?): <u>Asking strangers questions</u> (asked for directions to the post office). Fear Rating: 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10 No Fear Moderate Fear End: 4 Start: 8 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.

Facing Fears Form			
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1 - 2 - 3 - 4 - 5 - 6 - No Fear Moderate Fear	7 –		9 - 10 Extreme Fear
Start:	End:		
Length of Time of Exposure:			
What did I learn?			
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What did I learn?			