

This worksheet is designed to help you overcome your fears, one small step at a time. Start by naming your primary fear, then break the fear down in to smaller examples and rate each from least to most anxiety-provoking. Next, tackle each example, starting with the least anxiety-provoking. As you work through each example, your nervous system will begin to break the connection between the fear and your anxiety symptoms.

STEP 1: What is your primary fear?

Example:	Fear	of	talking	in	front	of	people	e
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STEP 2: List smaller challenges that are related to your primary fear

Making a pho	ne call			
Ordering food	d or a drink from a	cashier		
Raising my ho	and and answering	a question in class		
Giving a pres	entation to my clas	55		
Making small	talk on the bus			

STEP 3: Rate these challenges with the Anxiety Scale

Challenges That Trigger Your Fear	Anxiety Level
Making a speech in front of a large group	8
Making a phone call	4
Ordering food or a drink from a cashier	2
Raising my hand and answering a question in class	3
Giving a presentation to my class	7
Making small talk on the bus	5
Raising my voice to get someone's attention	6

^{*}This worksheet provides information but is not a substitute for therapy. It works best with guidance from a professional.

Anxiety

Scale
10 panic

8 fearful

afraid

4 worried

2 okay



STEP 4: Prepare for challenges

What makes this technique effective is staying in the situation until your anxiety naturally comes down on its own. This process is what helps your nervous system to learn that the feared situation is tolerable (and teaches your mind that situations are not as scary as you may think!).

As you can imagine, facing your fears and waiting for your anxiety to come down is difficult! So here are two ways to prepare for the challenge.

List effective coping skills in case they're needed If a situation is far more challenging than you thought, you may need to use coping skills like taking a break, deep breathing, listening to music, or taking a walk. List coping skills that you know work for you on the right.

deep breaths, listen to my favorite song, text a friend

Plan some appropriate rewards Facing fears takes practice and motivation! Use the space to the right to consider small rewards you (or your parents) are willing to reward you with, like stickers, treats, money towards a purchase, etc.

stickers, chocolates, money towards a new videogame

STEP 5: Plan your challenges and rewards, starting with the least scary

3	sticker sticker
3	
Λ	
	chocolates
5	chocolates
6	money for game
7	money for game
8	money for game
	7

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STEP 3: Do challenges and record your progress

At the beginning of each challenge, use the Anxiety Scale to rate your anxiety. Your goal is to stay in the scary situation until your anxiety naturally comes down on its own. Every so often through the challenge, re-rate your anxiety. You can stop the challenge when your anxiety has come down significantly (at least halfway). Unless a challenge is much too difficult or you get really stuck, try not to use coping skills. When the same

challenge causes less *starting* anxiety, you'll know you're ready to move on to the next challenge.

Anxiety At:

Date	Challenges That Trigger Your Fear	Start	End
May 3	Ordering food or drink from a cashier	2	1
May 4	Ordering food or drink from a cashier	1	1
May 5	Raising my hand and answering a question in class	1	1
May 6	Making a phone call	5	2
May 7	Making a phone call	4	1
May 8	Making a phone call	2	1
May 9	Making small talk on the bus	7	6
May 10	Making small talk on the bus	5	2
May 11	Making small talk on the bus	3	1
May 12	Making small talk on the bus	2	1
May 13	Raising my voice to get someone's attention	6	2

Anxiety Scale			
10	panic		
9			
8	fearful		
7			
6	afraid		
5	::°		
4	worried		
3	\odot		
2	okay		
1	<u>··</u>		

As you work through the challenges, use these spaces to reflect and adjust if needed.

How does it feel to "wait out" anxiety?
It was really hard at first and didn't feel natural. After a couple of
challenges, I think I got the hang of
it though.

May 9: I tried talking to a stranger
on the bus and got way too
overwhelmed.
May 10: talking to someone
familiar on the bus worked better.

Do any of the challenges

need to be adjusted?

(ii necessary) working:				
May 9: needed to use coping skills				
on the bus. Deep breathing worked				
okay, but listening to music				
worked better.				

Are rewards and coping skills

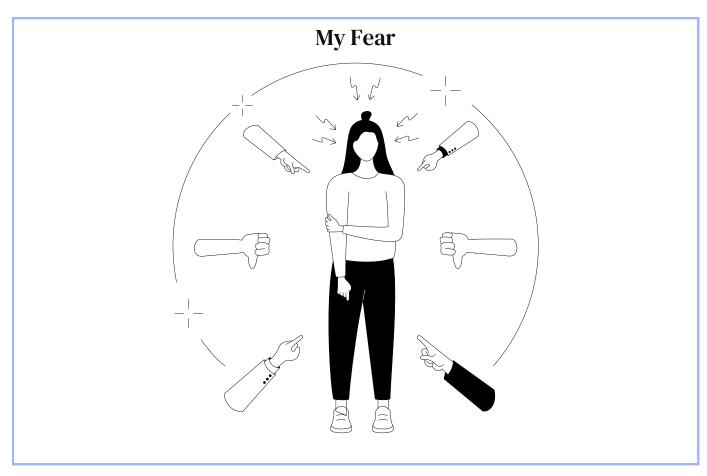
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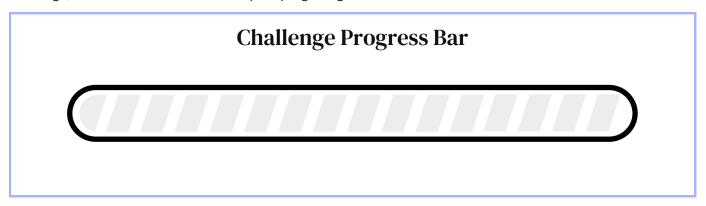


OPTIONAL: Draw Your Fear or Progress Bar

If you'd like, draw your fear. As you complete each challenge, cover the fear with a sticker. As the challenges add up, your fear will be slowly covered up and defeated.



You might also enjoy creating a progress chart similar to an Experience Points (XP) bar in a videogame. For each challenge, color in a section and watch your progress grow.



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STEP 1: What is your primary fear?		
STEP 2: List smaller challenges that are related to your prin	mary fear	
STEP 3: Rate these challenges with the Anxiety Scale		Anxiety Scale
Challenges That Trigger Your Fear	Anxiety Level	10 panic 9 ([•])
		8 fearful
		7 😩
		6 afraid
		5 💮
		4 worried
		3 😕
		2 okay
		1 🙄

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STEP 4: Prepare for challenges

What makes this technique effective is staying in the situation until your anxiety naturally comes down on its own. This process is what helps your nervous system to learn that the feared situation is tolerable (and teaches your mind that situations are not as scary as you may think!).

As you can imagine, facing your fears and waiting for your anxiety to come down is difficult! So here are two ways to prepare for the challenge.

List effective coping skills in case they're needed	If a situation is far more challenging than you thought, you may need to use coping skills like taking a break, deep breathing, listening to music, or taking a walk. List coping skills that you know work for you on the right.	
Plan some appropriate rewards	Facing fears takes practice and motivation! Use the space to the right to consider small rewards you (or your parents) are willing to reward you with, like stickers, treats, money towards a purchase, etc.	

STEP 5: Plan your challenges and rewards, starting with the least scary

Challenges That Trigger Your Fear	Anxiety Level	Reward Per Try

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STEP 3: Do challenges and record your progress

At the beginning of each challenge, use the Anxiety Scale to rate your anxiety. Your goal is to stay in the scary situation until your anxiety naturally comes down on its own. Every so often through the challenge, re-rate your anxiety. You can stop the challenge when your anxiety has come down significantly (at least halfway). Unless a challenge is much too difficult or you get really stuck, try not to use coping skills. When the same challenge causes less starting anxiety, you'll know you're ready to move on

to the next challenge.		Anxiety At:		
Date	Challenges That Trigger Your Fear	Start	End	Anxiety Scale
May 3				10 panic
				9 (10)
May 4				8 fearful
May 5				7 😩
May 6				6 afraid
May 7				5 🔆
May 8				4 worrie
May 9				3 🗀
May 10				2 okay
May 11				1 😐
May 12				
May 13				

As you work through the challenges, use these spaces to reflect and adjust if needed.

How does it feel to "wait out" anxiety?	Do any of the challenges need to be adjusted?	Are rewards and coping skills (if necessary) working?

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OPTIONAL: Draw Your Fear or Progress Bar

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My Fear
You might also enjoy creating a progress chart similar to an Experience Points (XP) bar in a videogame. For each challenge, color in a section and watch your progress grow.
Challenge Progress Bar

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It can be hard to know where to begin looking for support in your mental health journey. Getting a referral from a primary care physician is a reliable first step. Also, sometimes family and friends have experienced similar issues and have professionals they would recommend. The experts at ChoosingTherapy.com are here to help as well, with resources we have reviewed and recommend. Our <u>strict editorial standards</u> ensure our reviews are fair, honest, thorough, and based on firsthand experience.

You Can Trust Choosing Therapy.com









Best Online Therapy Platforms for Teens

Online therapy is a convenient way to connect with a licensed therapist to address mental health issues, reduce unhealthy behaviors, develop effective coping skills, and get more satisfaction out of life. Many companies accept insurance and most have next-day appointments available.

Best Online Psychiatry

Online psychiatry providers enable patients to consult with licensed psychiatrists and other mental health professionals. They can evaluate, diagnose, and prescribe medication to help manage mental health issues. Many companies accept insurance and most have next-day appointments available.





Best Mental Health Apps

Apps can be great way to monitor mood, track sleep, journal, and practice healthy coping skills like mindfulness and meditation. There are apps specifically designed to help people reduce the symptoms of depression, anxiety, ADHD, chronic stress, and burnout.

Therapist Directory

When you're looking for a mental health provider with a very particular skill set, level of experience, or personality type, a therapist directory can be very helpful. Using the filters, you can refine your search until you find a therapist who feels like a perfect fit.



