

- ① List a number of situations which you avoid because of your anxiety.
- ② Describes the situations in as much detail as possible. Be specific. Rather than saying, 'Going on a bus', say, 'Travelling, alone on the number 29 bus, into town, on a weekday afternoon'.
- ③ Rate how much anxiety you anticipate each situation will create on a scale of 0–10 where 0 = low anxiety, 5 = moderate anxiety and 10 = extreme anxiety.
- ④ Rearrange the situations in ranked order with the most difficult at the top.
- ⑤ Start with the easiest situation and practice it. If practice is to be helpful it must be **a** regular, **b** frequent, **c** prolonged – you must go on practising until the anxiety has died down. Practice each situation 3–4 times.
- ⑥ If something is too hard, look at ways of breaking it down into intermediate stages.
- ⑦ Do not be put off by feeling anxious. Remember you are learning to master anxiety rather than avoid it.
- ⑧ Reward yourself for your successes.
- ⑨ Keep a record of how you have coped.

Example

Going into a lift in a department store, on my own, on a weekday afternoon.

6

Catching the number 29 bus to the station, on my own, on Saturday morning.

5

YOUR TARGETS

ANXIETY RATING 0 TO 10

1 (Most difficult)	<input type="text"/>
2	<input type="text"/>
3	<input type="text"/>
4	<input type="text"/>
5	<input type="text"/>
6	<input type="text"/>
7	<input type="text"/>
8	<input type="text"/>
9	<input type="text"/>
10	<input type="text"/>