

## Graded Exposure Plan



PROGRESS  
PSYCHOTHERAPY

Just as fears, phobias and anxiety can be learned, they can also be unlearned. This is best done in manageable stages, called graded exposure. We set a goal, set a rating of fear/anxiety out of 10 called our subjective units of distress (SUDS). The end goal is rated and we set steadily more manageable steps until we get down to one that feels doable. As our confidence builds we move up to the next step, re-rating our SUDS as we go.

Step	SUDS (/10)