

Graded exposure plan



PROGRESS
PSYCHOTHERAPY

Just anxiety is learned, it can be unlearned. This is best done in manageable stages. 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)