

Graded exposure plan



PROGRESS
PSYCHOTHERAPY

Anxiety can be learned and unlearned. This can be done in manageable stages. Set a goal and a set of increasingly less distressing steps to achieve it until you get one that feels manageable. Rate fear/anxiety out of 10 (subjective units of distress). As SUDS fall move to the next step, re- rating as we go.

Step	SUDS (/10)