

Graded exposure plan

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.



Progress
Psychotherapy

Goal	
Step	SUDS