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.

Goal	
Step	**SUDS**

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