Imaginal exposure to anxiety

Progress Psychotherapy

One of the difficult things about uncertain situations is worrying about how you would cope with them. In the blank space, write how it would most likely go in the first person (about you rather than a character) and really imagine in your mind how it would go? Get as much sensory detail as possible. What would you really do? How would you solve it? On the table at the end of page 2 rate how distressed you are out of 10. Keep repeating and it will go down as you trust your coping strategy.

Date	Distress out of 10

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