Facing Fears Form (*Sample*)

(Example: Specific Phobia: Driving)

Date: *January 12th*

Exposure Exercise (What fear am I facing?): *driving in a residential area*

Fear Rating:

1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 - 10
No Fear **Moderate Fear** **Extreme Fear**

Start: *6* **End:** *3*

Length of Time of Exposure: *30 mins*

What did I learn? *I was scared at first. It did get easier as I kept driving. My anxiety was less this time than yesterday when I did the exposure exercise.*

(Example: Social anxiety)

Date: *June 27th*

Exposure Exercise (What fear am I facing?): *Asking strangers questions (asked for directions to the post office).*

Fear Rating:

1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 - 10
No Fear **Moderate Fear** **Extreme Fear**

Start: *8* **End:** *4*

Length of Time of Exposure: *35 mins – asked 12 people during that time*

What did I learn? *My anxiety did drop and by the end I wasn't that anxious. Most people were pleasant and helpful – only one person was rude and did not help – so I guess asking for help doesn't necessarily annoy others.*

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Facing Fears Form

Date: _____

Exposure Exercise (What fear am I facing?):

_____

_____

Fear Rating:

1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 - 10
No Fear Moderate Fear Extreme Fear

Start: _____ **End:** _____

Length of Time of Exposure:_____

What did I learn?

_____

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_____

Date: _____

Exposure Exercise (What fear am I facing?):

_____

_____

Fear Rating:

1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 - 10
No Fear Moderate Fear Extreme Fear

Start: _____ **End:** _____

Length of Time of Exposure:_____

What did I learn?

_____

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