

Experiment: to test out your fears and to overcome avoidance (adapted from Christine Padesky)

Specify what you've been avoiding (e.g. a situation, behaviour, conversation, person)

Feeling (rate 0-10)

1) Predict: what bad things might happen if you did this?	2) Prepare coping responses. What could you do when this happens?
a)	a)
b)	b)
c)	c)
d)	d)
e)	e)

Hint: to find out your worst-case scenario when you don't know what it is, ask what mental pictures come to mind when you try to imagine it.

3) Practice your responses over and over (e.g. in your imagination, aloud when alone, role-playing with friends). List when, where, how, and with whom you will practice. Set a target date to put into effect your practice.	When: Where: How: With whom: Target date:
4) Reflect: what have you learned?	