

Doing Brave Practice Worksheet

You can use this sheet to plan your brave practices.

Before you start:

List exactly what you will do to face your fear. (Be specific about what you will do and for how long.)

What are you afraid will happen if you do this? (Be specific.)

How high do you think your anxiety will get? Rate it on a scale from 0 (*totally calm, no anxiety*) to 10 (*the most anxious you've ever been*).

What is a reward you can have for facing your fear successfully?

After you finish:

Were you able to follow your plan to face your fears?

How did your experience compare to what you were afraid would happen? What surprised you?

What did you learn? What evidence do you have that you can handle the situation?

How high did your anxiety get? Rate on a scale from 0 (*totally calm, no anxiety*) to 10 (*the most anxious you've ever been*).

Pro Tip



Plan **daily practices** for this week on the next page!

Making brave practice a daily habit helps anxiety improve faster.

Daily Brave Practice Worksheet

Doing brave practice every day will help you overcome anxiety much quicker!

Date ->	/	/	/	/	/	/	/
What I will practice this week							
My reward for practicing							
Highest anxiety rating (0 - 10)							
What did you learn?							