

Exposure Practice for Agoraphobia



A simple planning sheet for a chosen agoraphobia practice, with attention to consent, pacing and learning.

Before

Choose one step, name the feared prediction, rate anxiety, decide duration and identify genuine safety needs.

During

Notice surroundings, allow sensations, loosen one unnecessary safety behaviour, and use a compassionate phrase rather than arguing with fear.

After

Record peak and ending anxiety, what happened, what surprised you, and what you did that was brave or flexible.

Repeat

Learning grows through repetition. Keep the next practice similar enough to consolidate learning before making it harder.

A quiet space to reflect

Chosen situation:

Prediction / anxiety before:

Safety behaviour to loosen:

What happened / anxiety after:

Next repeat or adjustment:

Use this resource at your own pace. Exposure work should never involve genuine danger or ignore medical, sensory or accessibility needs. Seek qualified support if fear is significantly restricting daily life.