

Exposure Therapy: A Gentle Guide



Exposure therapy is a planned, collaborative way of approaching fear so the brain can learn something new.

What makes it therapeutic

Clear consent, an agreed purpose, manageable steps, repetition, reflection and the freedom to pause or revise the plan.

What it is not

Being forced, surprised, shamed, left unsupported, or placed in genuine danger. "Pushing through" is not the only measure of courage.

Helpful questions

What am I predicting? What do I normally do to feel safe? What could I test? What happened? What do I want to repeat?

Neurodivergent needs matter

Sensory pain, communication needs and processing time are not avoidance to be stripped away. Adapt the environment and distinguish accessibility from fear-maintaining habits.

A quiet space to reflect

The life area fear restricts:

A personally meaningful goal:

My smallest chosen approach step:

Accessibility support I need:

How I will recognise enough for today:

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.