



Facing Fears Step-by-Step



Avoidance can make anxiety stronger over time. Gradual, manageable practice can help build confidence and teach your brain that you can cope.

1. WHAT WOULD I LIKE TO BE ABLE TO DO?

Choose one situation anxiety has been making difficult or tempting you to avoid.

2. WHAT AM I AFRAID MIGHT HAPPEN?

Write down the outcome, feeling or consequence you are worried about.

3. WHAT DO I USUALLY DO TO FEEL SAFER?

For example: avoid, leave early, take someone with me, over-prepare, check, rehearse or seek reassurance.

4. WHAT IS ONE SMALLER STEP I COULD START WITH?

Aim for something challenging enough to practise, but manageable enough to attempt.

Go gradually rather than forcing it.

If a step feels too difficult, make it smaller. Repetition matters more than doing it perfectly.



My Step-by-Step Practice Plan



Break the situation into smaller steps. Start with a step that feels manageable, then build up gradually.

STEP 5

What would this step involve?

STEP 4

What would this step involve?

STEP 3

What would this step involve?

STEP 2

What would this step involve?

STEP 1

What would this step involve?

AFTER I PRACTISE

- What did I notice before, during and after?
- What happened compared with what I predicted?
- What did I learn about my ability to cope?

OPTIONAL: RATE THE ANXIETY

Before: ____/10 During: ____/10 After: ____/10

What helped me stay with the step? _____