

Exercise: What fears have you overcome?

WORRY OFF-RAMP · CHAPTER 5

Name _____

Date _____

See how natural exposure has worked in your life. This may encourage you to take the matter of exposure and habituation into your own hands. Most of us can remember a time in our lives when we fretted, worried, or had anxiety about different circumstances. You may have had a fear that something was lurking in your closet or under your bed. Take a few minutes and write down any fears that you may have had but no longer harbor. See if you can identify what may have happened in your thinking or experience that helped you “get over” that fear or worry.

Fears I no longer have — and what changed
