

Exercise: Write your fears

WORRY OFF-RAMP · CHAPTER 6

Name _____

Date _____

Now it's time to begin writing your fears away. Start as we did in the examples above by writing your triggers over and over. Then begin writing in narrative fashion as if you are telling a story about what you fear will happen. Begin writing here and continue your writing in the note section of this workbook or in a separate notebook, so that you can track your progress over time. Continue written exposure until your SUD level lowers to about two. Refer to the example narratives above to make sure you have a clear understanding of what to do. Remember, your writing should contain no coping thoughts or positive outcomes. This writing should focus on what you are afraid might happen. If you can tolerate the discomfort, go ahead and write the worst-case scenario related to the triggers you include in your narrative.

Continue writing your narratives in the notes section included in the appendix of this workbook, or obtain as many composition books you need to continue this exercise until you have decreased your SUD levels on all trigger items to about a SUD level two.

Select an item from your hierarchy sitting in the moderate range (4 to 6 SUDs). Dedicate at least 45 to 90 minutes to continuous writing, repeating the script loops until your active peak SUD level falls by at least 50%. Begin writing below:


