

What is graded exposure?

The main CBT technique to overcome agoraphobia, graded exposure involves gradually facing your feared situations until anxiety subsides. As described in Section 2, avoiding or escaping from feared situations reduces the level of anxiety or panic you are feeling, but only for the short term.

Use the box provided to write down what you think would happen if you stayed in the situation that makes you anxious.

If I stayed in
(e.g. the supermarket)

(write down what you think would happen).

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