Step outside of comfort zone (activities, things, places, and people)	**Anxiety** (0–100)	**Valued direction** (that this step is about)	**How do I want to act with this step?** (If I acted on my values)	**Experiences to struggle with** – Feelings – Thoughts – Sensations – Urges	**Mind tricks/ stories about these experiences**	**My willingness to have experiences and take the step**	**What did you notice when you took the step?**