



Tim's Exposure Log

Step outside of comfort zone (activities, things, and 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?
Organise night out with old friends Matt and Andy	50	Acting as a loving person	To go to the pub, connect with my friends – listen, share stories. Notice worries and ignore urge to go home and work	Worry (about work) Anxiety Urge to leave early	Story that if I worry then I must act on it Story that I am boring Focus on the future rather than right now	70	I called my friends and they were keen to go to the pub. A proper catch-up, I shared a bit about how I'd been struggling (was worried about doing that). Andy was great about it, very supportive; not sure what Matt thought

							<p>We made a plan to meet again in a couple of weeks</p>
<p>Sign up for Internet dating</p>	<p>60</p>	<p>Acting as a loving person</p>	<p>To log on to the website, put my details up, and be open to my worries and anxieties while doing this</p>	<p>Worry Anxiety Thinking I'm unlovable Urge to cancel online dating account</p>	<p>Story: failure at relationships Taking rejection as sign I'm flawed</p>	<p>50</p>	<p>Sign up for Internet dating</p>
<p>Go on a date</p>	<p>80</p>	<p>Acting as a loving person</p>	<p>Connect with the person on the date by listening, being present, and sharing about myself</p>	<p>Anxiety Sweating, tense Self-conscious Worry</p>	<p>Story: failure at relationships Focus on my performance, taking me out of being present</p>	<p>30</p>	<p>Go on a date</p>