

## OVERCOMING AVOIDANCE

<b>List of anxiety-provoking situations</b>		
<i>Situation</i>	<i>Rating (0–10 where 0 = no anxiety 10 = highest level of anxiety)</i>	<i>Change in rating Week 1 Week 2</i>
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		
9		
10.		