

## *Recording your graded exposure*

Now that your list of avoided situations is complete and you are ready to face these situations, you should copy them into the table below, in order from least to most anxiety, with a rating of how anxious you expect each one to make you feel in the second column.

In turn, confront each situation, preferably without any safety behaviours, and record how anxious you are at first. Is the actual anxiety as bad as you expected? Stay in the situation, if you can, until your anxiety has come down to, at most, 20 or 30 on your scale.

<b>Situation</b>	<b>Expected anxiety 0–100</b>	<b>Anxiety rating at the start 0–100</b>	<b>Anxiety rating at the end 0–100</b>