

Diary 1(a) Dog phobia

Where and when?	How did I feel?	What was it like?	What did I do?
<p>When did I feel anxious? Where was I and what was I doing?</p> <p>Saturday: Walking in town and I saw a dog from the corner of my eye</p>	<p>What emotion(s) did I feel? How strong were they? 1 (calm) – 10 (worst possible)</p> <p>Anxiety (Emotions: 8)</p>	<p>How did it feel in my body? What thoughts or pictures did I have in my mind?</p> <p>I was a bit shaky and felt a bit sick. What if it comes over here and starts to attack us? He could harm the children. I couldn't cope with seeing that.</p> <p>Shaky, butterflies in my stomach. What if the dog is still there? We could be in danger.</p> <p>Shaky and tense. The park is full of dogs – they are running free! It is a dangerous place and I won't be able to cope with my fear. Just thinking about it is frightening.</p>	<p>How did I try to cope? How did I feel when I'd done this? 1 (calm) – 10 (worst feelings possible)</p> <p>I walked the children into a café and we stayed there for half an hour. (Immediate emotions: 3.) Later I felt disappointed with myself, and I was very anxious when we had to leave the café.</p> <p>I marched the children very quickly to the car park and didn't look in any shops on the way – just thought about getting to the car. (Emotions: 7)</p> <p>Talked with Jade about my fears. She said that she understood and we could take a walk somewhere else. (Emotions: 3)</p>
<p>Saturday: Leaving the café</p> <p>Wednesday: Jade suggested that we go to the park at the weekend</p>	<p>Anxiety (Emotions: 7)</p> <p>Fear (6)</p>		