Facing Fears Form (Sample)

(Example: Specific Phobia: Driving)

Date: ____January 12th_____

Exposure Exercise (What fear am I facing?): __driving in a residential area____

Fear Rating:

1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 – 10

No Fear Moderate Fear Extreme Fear

Start: ____6____ End: ____3____

Length of Time of Exposure: ____30 mins____

What did I learn? __I was scared at first. It did get easier as I kept driving. My anxiety was less this time than yesterday when I did the exposure exercise.____

(Example: Social anxiety)

Date: ____June 27th_____

Exposure Exercise (What fear am I facing?): __Asking strangers questions____ (asked for directions to the post office).

Fear Rating:

1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 – 10

No Fear Moderate Fear Extreme Fear

Start: ____8____ End: ____4____

Length of Time of Exposure: ____35 mins – asked 12 people during that time____

What did I learn? __My anxiety did drop and by the end I wasn’t that anxious. Most people were pleasant and helpful – only one person was rude and did not help – so I guess asking for help doesn’t necessarily annoy others.____
Facing Fears Form

Date: ____________

Exposure Exercise (What fear am I facing?): ____________________________

Fear Rating:

1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10
No Fear  Moderate Fear  Extreme Fear

Start: ____________  End: ____________

Length of Time of Exposure: ____________

What did I learn?

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

Date: ____________

Exposure Exercise (What fear am I facing?): ____________________________

Fear Rating:

1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10
No Fear  Moderate Fear  Extreme Fear

Start: ____________  End: ____________

Length of Time of Exposure: ____________

What did I learn?

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________