

Step-by-Step Plan for Exposure to Fears and Worries

STEPS

Ultimate Goal:

7.

6.

5.

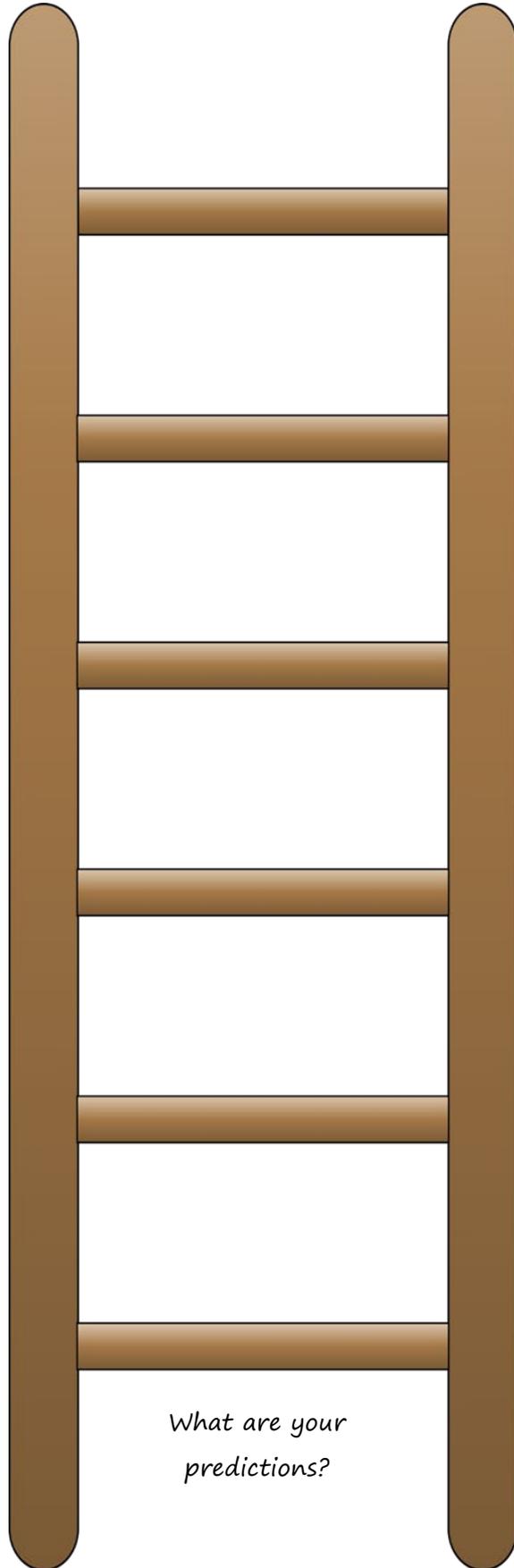
4.

3.

2.

1.

Where are you now? What are you finding difficult at the moment?



REWARD

Ultimate Reward:

7.

6.

5.

4.

3.

2.

1.

What are your predictions?