

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?

