

Confronting the things you avoid

There are three steps to this activity:

1. Make a list of situations that you often try to escape from or avoid. For example, you could write “work nights out” or “giving presentations”.
2. Give each situation a “difficulty score” out of 10. If a situation causes you no anxiety, rate it 0. If it causes extreme anxiety, rate it 10.

Try to put the situations in order, from least anxiety to most anxiety. Here’s an example:

Situation	Difficulty score (0 = no anxiety, 10 = extreme anxiety)
Getting the bus to work	4
Talking to someone I don’t know	6
Joining a yoga class	7
Giving a presentation at work	9

You will find a blank table below.

3. Confront the lowest-ranked item on your list – this is the one that causes you the least anxiety.

Although your anxiety symptoms might feel worse at first, if you keep going they're likely to reduce. Try to stay in the situation until your anxiety has reduced.

Remember, you don't have to be scared of the symptoms of anxiety. They might feel awful, but they aren't dangerous.

Situation	Difficulty score (0 = no anxiety, 10 = extreme anxiety)