

## Worksheet: Graded Exposure

<p><b>Step 1:</b>  <b>Think of something you would like to be able to do.</b></p> <ul style="list-style-type: none"> <li>- Make sure it is safe</li> <li>- Make sure it is realistic</li> </ul>	<p><b>Step 2:</b>  <b>Think of lots of similar activities and tasks, and rank them from easiest to hardest.</b></p> <ul style="list-style-type: none"> <li>- Every activity, task or situation is made up of smaller or easier activities, tasks or situations</li> <li>- The goal is to come up with a broad range of similar activities, tasks or situations without any big jumps between them. Be creative.</li> </ul>	<p><b>Step 3:</b>  <b>Figure out what you can comfortably and safely do now.</b></p> <ul style="list-style-type: none"> <li>- Pick an activity, task or situation that you know you can do now without too much difficulty.</li> <li>- Do that activity, task or go into that situation until it becomes easy. Then, work your way up.</li> <li>- The trick is to start low and build up slowly.</li> </ul>
<p><b>Goal:</b></p>	<p><b>Very hard:</b></p> <p><b>Hard:</b></p> <p><b>Medium:</b></p> <p><b>Easy:</b></p> <p><b>Very easy:</b></p> <p><b>Easiest:</b></p>	