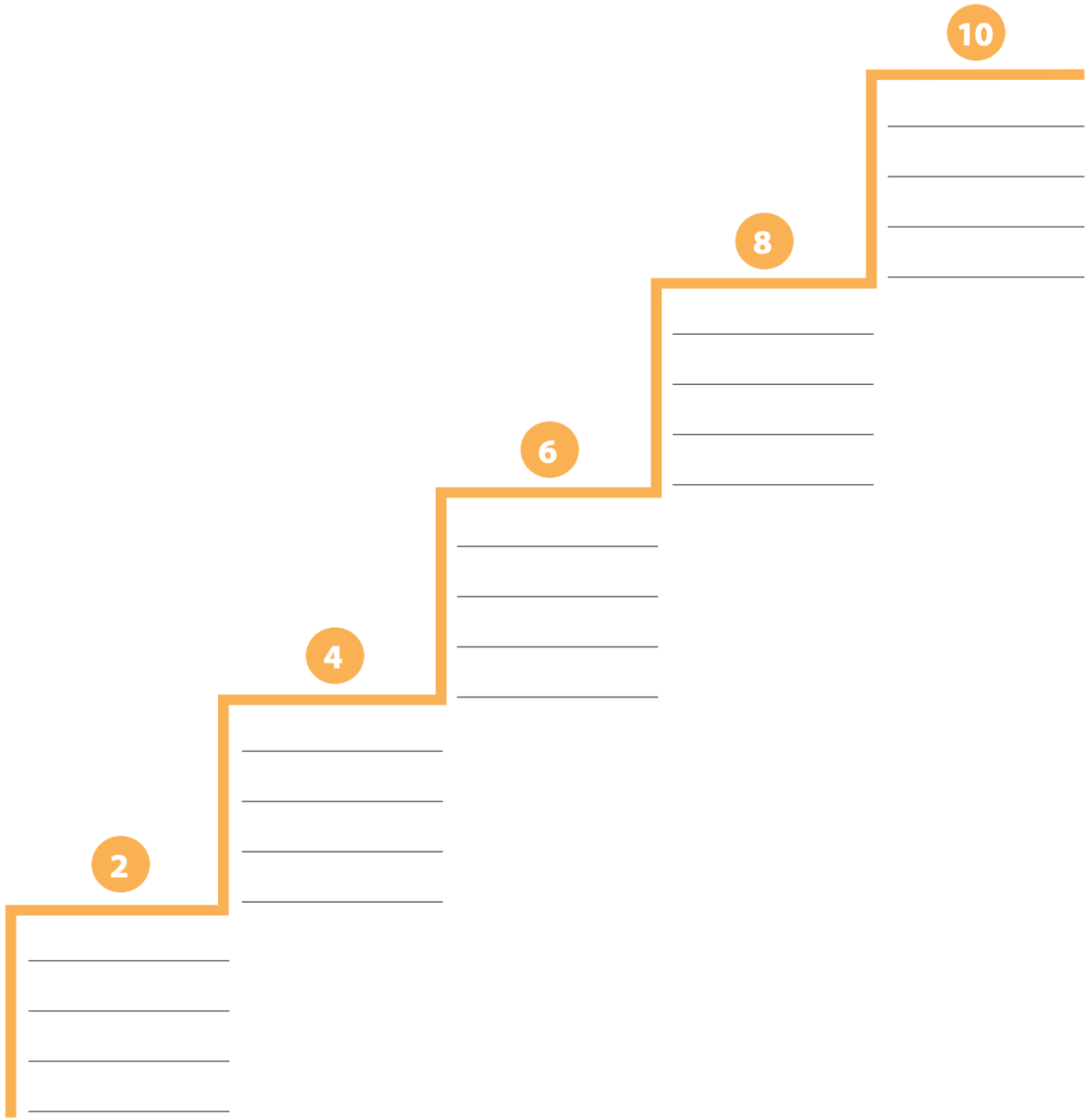


Facing Your Fears

1. Choose something from the steps that you are sure you can manage, with a rating of no more than 4 for your first try.
 2. Figure out when and where you can try to do the thing you chose.
 - **You need to do it over and over again, not just once or twice.**
 - **You need to be able to do it SAFELY:**
 - Don't do anything that will put you in danger.
 - Don't do anything without telling someone first.
 3. Tell a parent or caregiver what you are going to do. Make sure they understand what you plan and can help you with it, if you need help.
 4. When you do it, stick with it no matter how nervous you feel. Keep at it until you begin to feel a little bit less nervous or upset. You can use the relaxation technique if you need it. You might need to stick with it for a long time, up to an hour, before you start to feel better. If you don't feel better after an hour, make sure to try it again and again. Eventually, with enough practice, you'll start to feel more comfortable.
 5. Fill out the Assignment worksheet and show how you felt on the Feeling Thermometer before and after each time you did it. Also, tell what your highest level on the Feeling Thermometer was. Talk to your group leader if you don't see any improvement.
 6. If you feel very anxious, use one of the following skills to help yourself feel better:
 - thought stopping
 - distraction
 - positive images
 - relaxation.
-

Steps Toward Facing Your Fears

Name: _____



Assignment

Name: _____

This week, I am going to:

1. _____

THIS SHOWS YOU HOW I FELT WHEN I DID IT:

WHEN / WHERE?		Feeling Thermometer Rating		
		BEFORE	AFTER	HIGHEST
1st time				
2nd time				
3rd time				
4th time				
5th time				

2. _____

THIS SHOWS YOU HOW I FELT WHEN I DID IT:

WHEN / WHERE?		Feeling Thermometer Rating		
		BEFORE	AFTER	HIGHEST
1st time				
2nd time				
3rd time				
4th time				
5th time				