



Exercise: Describing fear

Goal

To notice that going through your worst fears in your imagination is not as dangerous as you thought.

Instructions

This exercise consists of two parts, and exposure takes place at the imagery level in both parts.

1. The first part involves making a detailed description of the imagined fear. You will create a very detailed image of your greatest fear and concretely describe how it could happen. Write or record your description.
2. The second part involves exposure to images. You will read or listen to your description in order to accustom yourself to this fear thought. At the same time, you'll keep a record of the exposure exercise using the journal provided here.

This is a challenging task and will probably cause unpleasant feelings at the beginning. However, the fear-related feeling will gradually ease as a result of repetition and from reading the description out loud.

It's a good idea to repeat the exercise at least three times a week.

Example

For example, you can describe

- What happens in your imagined fear?
- How do you feel?
- What thoughts do you have in the situation and how do you act?
- What do you hear and smell?

Part 1: A detailed description of the fear



Part 2: Exposure to images

Keep a record of the exposure practice using the journal below.

Day 1 January 2022	Anxiety level before reading (0-100) 35	Anxiety level after reading (0-100) 55	My notes (for example, physical sensations, thoughts) My pulse increases during exposure. I feel a bit better after reading.