**An Anxiety Treatment Approach That Empowers**

**The Adaptive Anxiety Therapy Approach**

The Adaptive Anxiety Therapy approach is an advanced CBT anxiety treatment program that focuses on helping clients to confidently adapt to the experience of anxiety rather than chase an endless cycle of anxiety symptom relief.

**Stage 3: Exposure Training**

Module 7: Identifying Exposure Situations



**Documenting Anxious Situations: Activity Day 1**

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| **Instructions:** **A**: Finally, you will document below all your identified situations used for your homework tracking. B: you will then rate/guess how distressing each situation was to you on a distress scale of 0-10, 0=not distressing at all, 10=absolutely distressing. Documenting these situations will help you and Dr. Nabors create exposures later in the treatment program.  |



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| --- | --- | --- |
| **A:** Situation: |  **B:** Distress Level0 = Not Distressing: 10 = Absolutely Distressing | **Selected for future exposure idea** |
|  | Situation. | Enter # | [ ] Yes |
|  | Situation. | Enter # | [ ] Yes |
|  | Situation. | Enter # | [ ] Yes |
|  | Situation. | Enter # | [ ] Yes |
|  | Situation. | Enter # | [ ] Yes |
|  | Situation. | Enter # | [ ] Yes |
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|  | Situation. | Enter # | [ ] Yes |
|  | Situation. | Enter # | [ ] Yes |
|  | Situation. | Enter # | [ ] Yes |



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| **Therapist/Client Notes:**Click or tap here to enter notes. |

**Stop!**

**Quality is better than quantity. Wait 24 hours before you move to the next day’s activity.**

**Identifying Exposure Situations: Activity Day 2**

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| **Instructions:** Acceptance focus helps you to commit to your opposite actions by becoming more flexible to your anxiety rather than fighting it. Below, you will identify any physical sensations that bothered you during the anxious situation.  |



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| Level of anxiety for situation 1-10 Panic Scale **1=low** anxiety **10=panic** attack | **Situation (shorthand)** | **Selected for future exposure idea** |
| High | Anxiety Situation 10: | Situation. | [ ] Yes |
| High | Anxiety Situation 9: | Situation. | [ ] Yes |
| High | Anxiety Situation 8: | Situation. | [ ] Yes |
| Medium High | Anxiety Situation 7:  | Situation. | [ ] Yes |
| Medium | Anxiety Situation 6 | Situation. | [ ] Yes |
| Medium | Anxiety Situation 5: | Situation. | [ ] Yes |
| Low Medium | Anxiety Situation 4: | Situation. | [ ] Yes |
| Low | Anxiety Situation 3: | Situation. | [ ] Yes |
| Low | Anxiety Situation 2: | Situation. | [ ] Yes |
| Low | Anxiety Situation 1: | Situation. | [ ] Yes |



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| **Therapist/Client Notes:**Click or tap here to enter notes. |

**Stop!**

**Quality is better than quantity. Wait 24 hours before you move to the next day’s activity.**

**Exposure Hierarchy: Activity Day 3**

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| **Instructions:** Acceptance focus helps you to commit to your opposite actions by becoming more flexible to your anxiety rather than fighting it. Below, you will identify any physical sensations that bothered you during the anxious situation.  |



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| --- | --- |
| Level of anxiety for situation 1-10 Panic Scale **1=low** anxiety **10=panic** attack | **Situation (shorthand)** |
| High Anxiety SituationHard(9-10) | Situation. |
| High Anxiety SituationDifficult (7-8) | Situation. |
| Medium Anxiety Situation 3:Somewhat Difficult(5-6) | Situation. |
| Low Anxiety Situation:Somewhat Easy(3-4) | Situation. |
| Low Anxiety Situation:Easy(1-2) | Situation. |



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| **Therapist/Client Notes:**Click or tap here to enter notes. |

**Stop!**

**Excellent job! You have completed this module. Be prepared to discuss this module**

**in depth with Dr. Nabors during your next therapy appointment.**