**The Adaptive Anxiety Therapy Program *(AAT)***

**An Anxiety Treatment Approach That Empowers Through Skill Development**

The AAT is an advanced CBT anxiety treatment program that focuses on helping clients to confidently and skillfully adapt to the experience of anxiety rather than chase an endless cycle of anxiety symptom relief.

***Stage 1: Belief Tracking & Cognitive Exposure***

**M**odule 3: **C**reating Absolute Beliefs – (Between Session & In-session Therapy Activity)

**Top 10 Scary Assumptions: Week 1: Activity Day 1-6 (Homework)**

*Instructions:* **1:** Review your top collected assumptions from past and current tracking. **A:** Next, narrow down all assumptions to a top 10 on the section below; These top ten scary assumptions should be assumptions that you feel trigger you the most when you experience them. **B:** The provide your previously documented believability rating for each assumption. **C:** Finally, document the theme within the assumption.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **A:** Answer: | | **B:** Ratings | **C:** Theme | **D:** Therapy Session Review |
|  | Scary Assumption. | Enter # | Theme. | Notes. |
|  | Scary Assumption. | Enter # | Theme. | Notes. |
|  | Scary Assumption. | Enter # | Theme. | Notes. |
|  | Scary Assumption. | Enter # | Theme. | Notes. |
|  | Scary Assumption. | Enter # | Theme. | Notes. |
|  | Scary Assumption. | Enter # | Theme. | Notes. |
|  | Scary Assumption. | Enter # | Theme. | Notes. |
|  | Scary Assumption. | Enter # | Theme. | Notes. |
|  | Scary Assumption. | Enter # | Theme. | Notes. |
|  | Scary Assumption. | Enter # | Theme. | Notes. |

**Stop!**

**Quality is better than quantity. Wait 24 hours before moving to the next Activity Day**

**Top 5 Scary Assumptions: Week 2: Activity Day 6- 12 (Homework)**

*Instructions:* **A:** Next, narrow your top ten scary assumptions down to a top five in the section below; These top five scary assumptions should be assumptions that trigger you the most when you experience them. **B:** Provide your previously documented believability rating for each assumption. **C:** Then document which reason for seeking help number is related to each assumption.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **A:** Answer: | | **B:** Ratings | **C:** Theme | **D:** Therapy Session Review |
|  | Scary Assumption. | Enter # | Theme. | Notes. |
|  | Scary Assumption. | Enter # | Theme. | Notes. |
|  | Scary Assumption. | Enter # | Theme. | Notes. |
|  | Scary Assumption. | Enter # | Theme. | Notes. |
|  | Scary Assumption. | Enter # | Theme. | Notes. |

**-----------------------------Homework Ends Here------------------------**

**Turning Scarry Assumptions into Absolute Beliefs: Therapy Session (In-Session Activity)**

*Instructions:* **1:** Next you will take each of your top 5 scary assumptions and turn them into absolute belief systems. **A:** First re-document your scary assumption in the Top Assumption section. **B:** Next, you will attempt to find the deeper message within your scary assumption, what is it really trying to say? The more absolute and concrete, the better. This statement will represent your belief system for your selected assumption.

|  |  |
| --- | --- |
| **A:** Top Assumption #1 | **B:** Absolute Belief |
| Scary Assumption.  Theme. | 1. Imagine your scary assumption is a person who is trying to give you insight about yourself. 2. The way your scary assumption is worded is helpful, however, there is a deeper message that your scary assumption is trying to convey to you. 3. What’s the deeper message here? 4. Use your theme to help you find the deeper message. |
|  |
| What is the deeper message |
| **C:** Therapy Session Notes |
| Notes. |

|  |  |
| --- | --- |
| **A:** Top Assumption #2 | **B:** Absolute Belief |
| Scary Assumption.  Theme. | 1. Imagine your scary assumption is a person who is trying to give you insight about yourself. 2. The way your scary assumption is worded is helpful, however, there is a deeper message that your scary assumption is trying to convey to you. 3. What’s the deeper message here? 4. Use your theme to help you find the deeper message. |
|  |
| What is the deeper message |
| **C:** Therapy Session Notes |
| Notes. |

|  |  |
| --- | --- |
| **A:** Top Assumption #3 | **B:** Absolute Belief |
| Scary Assumption.  Theme. | 1. Imagine your scary assumption is a person who is trying to give you insight about yourself. 2. The way your scary assumption is worded is helpful, however, there is a deeper message that your scary assumption is trying to convey to you. 3. What’s the deeper message here? 4. Use your theme to help you find the deeper message. |
|  |
| What is the deeper message |
| **C:** Therapy Session Notes |
| Notes. |

|  |  |
| --- | --- |
| **A:** Top Assumption #4 | **B:** Absolute Belief |
| Scary Assumption.  Theme. | 1. Imagine your scary assumption is a person who is trying to give you insight about yourself. 2. The way your scary assumption is worded is helpful, however, there is a deeper message that your scary assumption is trying to convey to you. 3. What’s the deeper message here? 4. Use your theme to help you find the deeper message. |
|  |
| What is the deeper message |
| **C:** Therapy Session Notes |
| Notes. |

|  |  |
| --- | --- |
| **A:** Top Assumption #5 | **B:** Absolute Belief |
| Scary Assumption.  Theme. | 1. Imagine your scary assumption is a person who is trying to give you insight about yourself. 2. The way your scary assumption is worded is helpful, however, there is a deeper message that your scary assumption is trying to convey to you. 3. What’s the deeper message here? 4. Use your theme to help you find the deeper message. |
|  |
| What is the deeper message |
| **C:** Therapy Session Notes |
| Notes. |

**Narrowing Down Top 5 Absolute Core Belief Systems: Week 1: Activity Day 1**

*Instructions:* **1:** It may be hard to believe, however, only a handful of belief systems are typically responsible for our anxiety issues. **A:** Next, you will narrow down your top 5 newly created absolute beliefs to a top 3.

|  |  |
| --- | --- |
| **A:** Top Three Core Beliefs | **B:** Therapy Session Review |
| 1. Absolute belief. | Notes. |
| 2. Absolute belief. | Notes. |
| 3. Absolute belief. | 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.**