**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 2: Behavioral Modification Skills**

Module 6: Neutralizing Beliefs, Modifying Behavior, & Anxiety Tolerance



**Adaptive Anxiety Skills: Introduction to Skills**

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| **Note:** Below are 3 of the 4 Adaptive Anxiety Skills you will learn in this program. Each Adaptive Skill is designed help you become better adapted to your anxiety in the moment. |



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| **Neutralizing Beliefs** | **Objectives** |
| * What is it I think I know
 | * Identifying the absolute belief that is most trigged during the situation
 |
| * My belief could be true
 | * Exposure and desensitization to triggering absolute belief.
 |
| * My belief could not be true
 | * Taking a balanced look at your absolute belief.
 |
| * I don’t know
 | * Skillfully remaining neutral to your absolute belief while also acknowledging your limited abilities to know if your absolute belief is true or not
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| **Opposite Action** | **Objectives** |
| * What does my anxiety want me to do?
 | * Identifying anxious behaviors that support and reinforce your Beliefs and worsen your ability to tolerate anxiety.
 |
| * Opposite Action 100%.
 | * Eliminating doing the anxious behavior. Prevents reinforcing your assumption & provides new experiences that could weaken the assumption.
 |
| * Opposite Action 50%
 | * Reducing how intensely you do anxious behaviors. Lessens the chance of reinforcing your assumption & can provide new experiences that may weaken the assumption
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| **Acceptance Focus**  | **Objectives** |
| * Acceptance breathing
 | * A breathing technique designed to help build a strong tolerance for anxiety symptoms and reduce dependency on anxiety symptom relief.
 |
| * I Accept my anxiety
 | * Fighting anxiety reduces your ability to tolerate it. A low tolerance of anxiety creates high anxiety distress.
 |
| * I **CAN** continue with this feeling present
 | * A statement that encourages you to endure your anxiety in a state of acceptance and over time, increase tolerance for anxiety.
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**Adaptive Anxiety Skills: Example**

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| **Instructions:** **A:** Track a situation today that made you anxious. This anxious situation should be related to 1 of your 3 reasons for seeking anxiety help. **B:** Next using short had, briefly describe the situation. **C:** Finally, pick 1 maladaptive behavior you engaged in the most and specifically describe how you engaged in it. |



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| **A: Reasons for seeking anxiety help (shorthand)** |
| 1. Anxious around people
 |
| 1. Panic when trapped in big places
 |
| 1. worry a lot
 |



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| **B: Current Anxious Situation Today Related to 1 of your 3 reasons** |
| Went to a family members wedding. I felt nervous and panicked the whole time. |



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| **C: Maladaptive Behaviors** | **Specifically describe how you engaged in the maladaptive behavior** |
| **Avoidance****What is it?** Avoiding or removing oneself from uncertain anxious situations.**Why too much of it is bad.** Avoidance reduces your natural ability to tolerate anxious feelings. |  |
| **Safety Behaviors** **What is it?** Doing things to make your-self feel less anxious if avoidance is not possible**Why too much of it is bad.** Safety behaviors reinforce the assumption that you cannot tolerate anxious feelings |  |
| **Reassurance Seeking****What is it?** Seeking assurance from trusted people or places**Why too much of it is bad**. Reassurance seeking reinforces that your scary assumption is true. |  |
| **Active Worry****What is it?** Purposely thinking about the negative aspects of future situations**Why too much of it is bad.**  Active worry reinforces that your scary assumption is true. |  |
| **Active Rumination****What is it?** Purposely thinking about the negative aspects of past situations.**Why too much of it is bad.** Active rumination reinforces that your scary assumption is true. |  |



**Neutralizing Beliefs *Medium*-Form: Example**

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| **Instructions:** The neutralizing Beliefs Form is designed to help you to gain perspective over your scary beliefs in the moment. You will guess one scary assumption then conclude on the assumption you think is impacting you the most. |



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| **Neutralizing Beliefs Questions** | **Answers** |
| * Based on how you felt during this situation: Which of your top 5 beliefs was triggered most during this situation
 | Guess #1: I’m not worth talking to |
| * **Neutralizing Scary Beliefs:**Next, make a statement that highlights the possibility that your assumption could be true and also not true. Finally, end your phrase with the statement ***“ I don’t know”***
 | I may not be worth talk to, or I may be worth talking to, I don’t know  |

**Opposite Action *Medium*-Form: Example**

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| **Instructions:** Opposite action is a powerful technique that helps you to start changing the behaviors that reinforce anxiety provoking beliefs and feelings. Below, you will identify as many behaviors as you can think of that your anxiety wanted you to do because of your scary assumption. Next you will identify your opposite actions for these behaviors. |



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| **Opposite Action Questions** | **Answers** |
| * **What:** what did your anxiety want you to do during this situation.
* **List:** only 1 or 2 behaviors that you had a strong urge to do.
 | * **List below:** 2 things your anxiety wanted you to do the most
 |
| 1: Leave  |
| 2: Not talk to anyone |
| * **What:** 100% or 50% opposite actions will I take next time?
* **You can choose:** all 100% all 50% or one of each 100% & 50% opposite actions
 | * **List below:** Only 2 0pposite actions below
 |
| 100% Opposite of 1: Not leave but rather stay the entire time |
| 50% Opposite of 1:  |
| 100% Opposite of 2: Make sure I talked to everyone |
| 50% Opposite of 2:   |



**Acceptance Focus-*Long* Form: Example**

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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. Next you will practice making acceptance statements for these feelings while also challenging the scary assumption responsible for these feelings. Finally, you, will end by doing a brief acceptance breathing techniques designed to help you better tolerate and accept your anxiety. |



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| **Acceptance Focus Questions** | **Answers** |
| * **What** physical sensations caused by your anxiety bothered you during this situation. List as many as you can.
 | * **List sensations below:**

Overall uncomfortable anxiety in my body |
| * **Document** the anxiety sensation that bothered you the most during this situation
 | * **List most uncomfortable sensation below**

 Overall uncomfortable anxiety in my body |
| * **Was** the presence of your most uncomfortable anxiety sensation proof that your scary assumption was true?
 | * Not sure
 |
| * **Were** you able to completely get rid of this sensation right away during this situation.
 | * No
 |
| * **Have** you ever been able to completely get rid of this anxiety sensation right away when you start experiencing it?
 | * No, I have never been able to get rid of this sensation right away
 |
| * **Fill** in the blank. **I accept** (insert, most uncomfortable sensation).
 | * **I accept:** The uncomfortable anxiety in my body.
* **I CAN continue with this feeling present.**
 |
| * **Acceptance Breathing**,
* Take a deep breath in through your nose. As you are inhaling, imagine that you are breathing into your body your most uncomfortable anxiety sensation.
* As you are breathing this sensation in, firmly state in your mind your acceptance statement above.
* Next, you will exhale out your nose or mouth. As you are exhaling, firmly state, in your mind the following statement, “**I CAN continue with this feeling present”**
* Repeat this process two more times
 | * **Notes: What was your experience like doing this?**

I feel like it puts me in a more balance headspace where I am able to be more flexible to the feeling of my anxiety.  |

**Adaptive Anxiety Skills: Therapy Session Practice**

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| **Instructions:** **A:** Track a situation today that made you anxious. This anxious situation should be related to 1 of your 3 reasons for seeking anxiety help. **B:** Next using short had, briefly describe the situation. **C:** Finally, pick the maladaptive behaviors you engaged in the most and specifically describe how you engaged in it. |



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| --- |
| **A: Reasons for seeking anxiety help (shorthand)** |
| 1. Reason.
 |
| 1. Reason.
 |
| 1. Reason.
 |



|  |
| --- |
| **B: Current Anxious Situation Today Related to 1 of your 3 reasons** |
| Situation. |



|  |  |
| --- | --- |
| **C: Maladaptive Behaviors** | **Specifically describe how you engaged in the maladaptive behavior** |
| **Avoidance****What is it?** Avoiding or removing oneself from uncertain anxious situations.**Why too much of it is bad.** Avoidance reduces your natural ability to tolerate anxious feelings. | Enter avoidance behavior here. |
| **Safety Behaviors** **What is it?** Doing things to make your-self feel less anxious if avoidance is not possible.**Why too much of it is bad.** Safety behaviors reinforce the assumption that you cannot tolerate anxious feelings | Enter safety behaviors here. |
| **Reassurance Seeking****What is it?** Seeking assurance from trusted people or places**Why too much of it is bad**. Reassurance seeking reinforces that your scary assumption is true. | Enter reassurance seeking behaviors here. |
| **Active Worry****What is it?** Purposely thinking about the negative aspects of future situations**Why too much of it is bad.**  Active worry reinforces that your scary assumption is true. | Enter Active worry behaviors here. |
| **Active Rumination****What is it?** Purposely thinking about the negative aspects of past situations.**Why too much of it is bad.** Active rumination reinforces that your scary assumption is true. | Enter rumination behaviors here. |



**Neutralizing Beliefs *Medium*-Form: Therapy Session**

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| **Instructions:** The neutralizing Beliefs Form is designed to help you to gain perspective over your scary Beliefs in the moment. You will guess one scary assumption then conclude on the assumption you think is impacting you the most. |



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| **Internal Focus Questions** | **Answers** |
| * Based on how you felt during this situation: Which of your top 5 beliefs was triggered most during this situation
 | Guess #1: Answer |
| * Could you prove that your assumption was true during the situation?

(Proof not Evidence) | Answer |
| * **Neutralizing Scary Beliefs:**Next, make a statement that highlights the possibility that your assumption could be true and also not true. Finally, end your phrase with the statement ***“I don’t know”***
 | Neutralizing Statement |

**Opposite Action *Medium*-Form: Therapy Session**

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| **Instructions:** Opposite action is a powerful technique that helps you to start changing the behaviors that reinforce anxiety provoking beliefs and feelings. Below, you will identify as many behaviors as you can think of that your anxiety wanted you to do because of your scary assumption. Next you will identify your opposite actions for these behaviors. |



|  |  |
| --- | --- |
| **Opposite Action Questions** | **Answers** |
| * **What:** what did your anxiety want you to do during this situation.
* **List:** only 1 or 2 behaviors that you had a strong urge to do.
 | * **List below:** 2 things your anxiety wanted you to do the most
 |
| 1: Answer |
| 2: Answer |
| * **What:** 100% or 50% opposite actions will I take next time?
* **You can choose:** all 100% all 50% or one of each 100% & 50% opposite actions
 | * **List below:** Only 2 0pposite actions below
 |
| 100% Opposite of 1: Answer |
| 50% Opposite of 1: Answer |
| 100% Opposite of 2: Answer |
| 50% Opposite of 2: Answer |



**Acceptance Focus-*Long* Form: Therapy Session**

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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. Next you will practice making acceptance statements for these feelings while also challenging the scary assumption responsible for these feelings. Finally, you, will end by doing a brief acceptance breathing techniques designed to help you better tolerate and accept your anxiety. |



|  |  |
| --- | --- |
| **Acceptance Focus Questions** | **Answers** |
| * **What** physical sensations caused by your anxiety bothered you during this situation. List as many as you can.
 | * **List sensations below:**

Answer |
| * **Document** the anxiety sensation that bothered you the most during this situation
 | * **List most uncomfortable sensation below**

 Answer |
| * **Was** the presence of your most uncomfortable anxiety sensation proof that your scary assumption was true?
 | Answer |
| * **Were** you able to completely get rid of this sensation right away during this situation.
 | Answer |
| * **Have** you ever been able to completely get rid of this anxiety sensation right away when you start experiencing it?
 | Answer |
| * **Fill** in the blank. **I accept** (insert, most uncomfortable sensation).
 | **I accept:** Answer* **I CAN continue with this feeling present.**
 |
| * **Acceptance Breathing**,
* Take a deep breath in through your nose. As you are inhaling, imagine that you are breathing into your body your most uncomfortable anxiety sensation.
* As you are breathing this sensation in, firmly state in your mind your acceptance statement above.
* Next, you will exhale out your nose or mouth. As you are exhaling, firmly state in your mind the following statement, “**I CAN continue with this feeling present”**
* Repeat this process two more times
 | * **Notes: What was your experience like doing this?**

Answer |



**Two take-aways (*conclusions*) from this tracking activity? Therapy Session**

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| **Instructions:** Reflecting on homework activities is an excellent way to expedite the learning process. Think of at least two things that stood out to you while doing this activity |



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| **Take-away 1:**Answer**Take-away 2:**Answer |

**Stop!**

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

**Adaptive Anxiety Skills: Activity Day 1**

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| **Instructions:** **A:** Track a situation today that made you anxious. This anxious situation should be related to 1 of your 3 reasons for seeking anxiety help. **B:** Next using short had, briefly describe the situation. **C:** Finally, pick 1 maladaptive behavior you engaged in the most and specifically describe how you engaged in it. |



|  |
| --- |
| **A: Reasons for seeking anxiety help (shorthand)** |
| 1. Reason.
 |
| 1. Reason.
 |
| 1. Reason.
 |



|  |
| --- |
| **B: Current Anxious Situation Today Related to 1 of your 3 reasons** |
| Situation. |



|  |  |
| --- | --- |
| **C: Maladaptive Behaviors** | **Specifically describe how you engaged in the maladaptive behavior** |
| **Avoidance****What is it?** Avoiding or removing oneself from uncertain anxious situations.**Why too much of it is bad.** Avoidance reduces your natural ability to tolerate anxious feelings. | Enter avoidance behavior here. |
| **Safety Behaviors** **What is it?** Doing things to make your-self feel less anxious if avoidance is not possible.**Why too much of it is bad.** Safety behaviors reinforce the assumption that you cannot tolerate anxious feelings | Enter safety behaviors here. |
| **Reassurance Seeking****What is it?** Seeking assurance from trusted people or places**Why too much of it is bad**. Reassurance seeking reinforces that your scary assumption is true. | Enter reassurance seeking behaviors here. |
| **Active Worry****What is it?** Purposely thinking about the negative aspects of future situations**Why too much of it is bad.**  Active worry reinforces that your scary assumption is true. | Enter Active worry behaviors here. |
| **Active Rumination****What is it?** Purposely thinking about the negative aspects of past situations.**Why too much of it is bad.** Active rumination reinforces that your scary assumption is true. | Enter rumination behaviors here. |



**Neutralizing Beliefs *Medium*-Form: Activity Day 1**

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| **Instructions:** The neutralizing Beliefs Form is designed to help you to gain perspective over your scary Beliefs in the moment. You will guess one scary assumption then conclude on the assumption you think is impacting you the most. |



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| --- | --- |
| **Neutralizing Beliefs Questions** | **Answers** |
| * Based on how you felt during this situation: Which of your top 5 beliefs was triggered most during this situation
 | Guess #1: Answer |
| * Could you prove that your assumption was true during the situation?

(Proof not Evidence) | Answer |
| * **Neutralizing Scary Beliefs:**Next, make a statement that highlights the possibility that your assumption could be true and also not true. Finally, end your phrase with the statement ***“I don’t know”***
 | Neutralizing Statement |

**Opposite Action *Medium*-Form: Activity Day 1**

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| --- |
| **Instructions:** Opposite action is a powerful technique that helps you to start changing the behaviors that reinforce anxiety provoking beliefs and feelings. Below, you will identify as many behaviors as you can think of that your anxiety wanted you to do because of your scary assumption. Next you will identify your opposite actions for these behaviors. |



|  |  |
| --- | --- |
| **Opposite Action Questions** | **Answers** |
| * **What:** what did your anxiety want you to do during this situation.
* **List:** only 1 or 2 behaviors that you had a strong urge to do.
 | * **List below:** 2 things your anxiety wanted you to do the most
 |
| 1: Answer |
| 2: Answer |
| * **What:** 100% or 50% opposite actions will I take next time?
* **You can choose:** all 100% all 50% or one of each 100% & 50% opposite actions
 | * **List below:** Only 2 0pposite actions below
 |
| 100% Opposite of 1: Answer |
| 50% Opposite of 1: Answer |
| 100% Opposite of 2: Answer |
| 50% Opposite of 2: Answer |



**Acceptance Focus-*Long* Form: Activity Day 1**

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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. Next you will practice making acceptance statements for these feelings. Finally, you, will end by doing a brief acceptance breathing techniques designed to help you better tolerate and accept your anxiety. |



|  |  |
| --- | --- |
| **Acceptance Focus Questions** | **Answers** |
| * **What** physical sensations caused by your anxiety bothered you during this situation. List as many as you can.
 | * **List sensations below:**

Answer |
| * **Document** the anxiety sensation that bothered you the most during this situation
 | * **List most uncomfortable sensation below**

 Answer |
| * **Was** the presence of your most uncomfortable anxiety sensation proof that your scary assumption was true?
 | Answer |
| * **Were** you able to completely get rid of this sensation right away during this situation.
 | Answer |
| * **Have** you ever been able to completely get rid of this anxiety sensation right away when you start experiencing it?
 | Answer |
| * **Fill** in the blank. **I accept** (insert, most uncomfortable sensation).
 | **I accept:** Answer* **I CAN continue with this feeling present.**
 |
| * **Acceptance Breathing**,
* Take a deep breath in through your nose. As you are inhaling, imagine that you are breathing into your body your most uncomfortable anxiety sensation.
* As you are breathing this sensation in, firmly state in your mind your acceptance statement above.
* Next, you will exhale out your nose or mouth. As you are exhaling, firmly state in your mind the following statement, “**I CAN continue with this feeling present”**
* Repeat this process two more times
 | * **Notes: What was your experience like doing this?**

Answer |



**Two take-aways (*conclusions*) from this tracking activity? Activity Day 1**

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| **Instructions:** Reflecting on homework activities is an excellent way to expedite the learning process. Think of at least two things that stood out to you while doing this activity |



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| **Take-away 1:**Answer**Take-away 2:**Answer |

**Stop!**

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

**Adaptive Anxiety Skills: Activity Day 2**

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| **Instructions:** **A:** Track a situation today that made you anxious. This anxious situation should be related to 1 of your 3 reasons for seeking anxiety help. **B:** Next using short had, briefly describe the situation. **C:** Finally, pick 1 maladaptive behavior you engaged in the most and specifically describe how you engaged in it. |



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| --- |
| **A: Reasons for seeking anxiety help (shorthand)** |
| 1. Reason.
 |
| 1. Reason.
 |
| 1. Reason.
 |



|  |
| --- |
| **B: Current Anxious Situation Today Related to 1 of your 3 reasons** |
| Situation. |



|  |  |
| --- | --- |
| **C: Maladaptive Behaviors** | **Specifically describe how you engaged in the maladaptive behavior** |
| **Avoidance****What is it?** Avoiding or removing oneself from uncertain anxious situations.**Why too much of it is bad.** Avoidance reduces your natural ability to tolerate anxious feelings. | Enter avoidance behavior here. |
| **Safety Behaviors** **What is it?** Doing things to make your-self feel less anxious if avoidance is not possible.**Why too much of it is bad.** Safety behaviors reinforce the assumption that you cannot tolerate anxious feelings | Enter safety behaviors here. |
| **Reassurance Seeking****What is it?** Seeking assurance from trusted people or places**Why too much of it is bad**. Reassurance seeking reinforces that your scary assumption is true. | Enter reassurance seeking behaviors here. |
| **Active Worry****What is it?** Purposely thinking about the negative aspects of future situations**Why too much of it is bad.**  Active worry reinforces that your scary assumption is true. | Enter Active worry behaviors here. |
| **Active Rumination****What is it?** Purposely thinking about the negative aspects of past situations.**Why too much of it is bad.** Active rumination reinforces that your scary assumption is true. | Enter rumination behaviors here. |



**Neutralizing Beliefs *Medium*-Form: Activity Day 2**

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| **Instructions:** The neutralizing Beliefs Form is designed to help you to gain perspective over your scary Beliefs in the moment. You will guess one scary assumption then conclude on the assumption you think is impacting you the most. |



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| **Neutralizing Beliefs Questions** | **Answers** |
| * Based on how you felt during this situation: Which of your top 5 beliefs was triggered most during this situation
 | Guess #1: Answer |
| * Could you prove that your assumption was true during the situation?

(Proof not Evidence) | Answer |
| * **Neutralizing Scary Beliefs:**Next, make a statement that highlights the possibility that your assumption could be true and also not true. Finally, end your phrase with the statement ***“I don’t know”***
 | Neutralizing Statement |

**Opposite Action *Medium*-Form: Activity Day 2**

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| **Instructions:** Opposite action is a powerful technique that helps you to start changing the behaviors that reinforce anxiety provoking beliefs and feelings. Below, you will identify as many behaviors as you can think of that your anxiety wanted you to do because of your scary assumption. Next you will identify your opposite actions for these behaviors. |



|  |  |
| --- | --- |
| **Opposite Action Questions** | **Answers** |
| * **What:** what did your anxiety want you to do during this situation.
* **List:** only 1 or 2 behaviors that you had a strong urge to do.
 | * **List below:** 2 things your anxiety wanted you to do the most
 |
| 1: Answer |
| 2: Answer |
| * **What:** 100% or 50% opposite actions will I take next time?
* **You can choose:** all 100% all 50% or one of each 100% & 50% opposite actions
 | * **List below:** Only 2 0pposite actions below
 |
| 100% Opposite of 1: Answer |
| 50% Opposite of 1: Answer |
| 100% Opposite of 2: Answer |
| 50% Opposite of 2: Answer |



**Acceptance Focus-*Long* Form: 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. Next you will practice making acceptance statements for these feelings. Finally, you, will end by doing a brief acceptance breathing techniques designed to help you better tolerate and accept your anxiety. |



|  |  |
| --- | --- |
| **Acceptance Focus Questions** | **Answers** |
| * **What** physical sensations caused by your anxiety bothered you during this situation. List as many as you can.
 | * **List sensations below:**

Answer |
| * **Document** the anxiety sensation that bothered you the most during this situation
 | * **List most uncomfortable sensation below**

 Answer |
| * **Was** the presence of your most uncomfortable anxiety sensation proof that your scary assumption was true?
 | Answer |
| * **Were** you able to completely get rid of this sensation right away during this situation.
 | Answer |
| * **Have** you ever been able to completely get rid of this anxiety sensation right away when you start experiencing it?
 | Answer |
| * **Fill** in the blank. **I accept** (insert, most uncomfortable sensation).
 | **I accept:** Answer* **I CAN continue with this feeling present.**
 |
| * **Acceptance Breathing**,
* Take a deep breath in through your nose. As you are inhaling, imagine that you are breathing into your body your most uncomfortable anxiety sensation.
* As you are breathing this sensation in, firmly state in your mind your acceptance statement above.
* Next, you will exhale out your nose or mouth. As you are exhaling, firmly state in your mind the following statement, “**I CAN continue with this feeling present”**
* Repeat this process two more times
 | * **Notes: What was your experience like doing this?**

Answer |



**Two take-aways (*conclusions*) from this tracking activity? Activity Day 2**

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| --- |
| **Instructions:** Reflecting on homework activities is an excellent way to expedite the learning process. Think of at least two things that stood out to you while doing this activity |



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| **Take-away 1:**Answer**Take-away 2:**Answer |

**Stop!**

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

**Adaptive Anxiety Skills: Activity Day 3**

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| **Instructions:** **A:** Track a situation today that made you anxious. This anxious situation should be related to 1 of your 3 reasons for seeking anxiety help. **B:** Next using short had, briefly describe the situation. **C:** Finally, pick 1 maladaptive behavior you engaged in the most and specifically describe how you engaged in it. |



|  |
| --- |
| **A: Reasons for seeking anxiety help (shorthand)** |
| 1. Reason.
 |
| 1. Reason.
 |
| 1. Reason.
 |



|  |
| --- |
| **B: Current Anxious Situation Today Related to 1 of your 3 reasons** |
| Situation. |



|  |  |
| --- | --- |
| **C: Maladaptive Behaviors** | **Specifically describe how you engaged in the maladaptive behavior** |
| **Avoidance****What is it?** Avoiding or removing oneself from uncertain anxious situations.**Why too much of it is bad.** Avoidance reduces your natural ability to tolerate anxious feelings. | Enter avoidance behavior here. |
| **Safety Behaviors** **What is it?** Doing things to make your-self feel less anxious if avoidance is not possible.**Why too much of it is bad.** Safety behaviors reinforce the assumption that you cannot tolerate anxious feelings | Enter safety behaviors here. |
| **Reassurance Seeking****What is it?** Seeking assurance from trusted people or places**Why too much of it is bad**. Reassurance seeking reinforces that your scary assumption is true. | Enter reassurance seeking behaviors here. |
| **Active Worry****What is it?** Purposely thinking about the negative aspects of future situations**Why too much of it is bad.**  Active worry reinforces that your scary assumption is true. | Enter Active worry behaviors here. |
| **Active Rumination****What is it?** Purposely thinking about the negative aspects of past situations.**Why too much of it is bad.** Active rumination reinforces that your scary assumption is true. | Enter rumination behaviors here. |



**Neutralizing Beliefs *Medium*-Form: Activity Day 3**

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| **Instructions:** The neutralizing Beliefs form is designed to help you to gain perspective over your scary Beliefs in the moment. You will guess one scary assumption then conclude on the assumption you think is impacting you the most. |



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| **Neutralizing Beliefs Questions** | **Answers** |
| * Based on how you felt during this situation: Which of your top 5 beliefs was triggered most during this situation
 | Guess #1: Answer |
| * Could you prove that your assumption was true during the situation?

(Proof not Evidence) | Answer |
| * **Neutralizing Scary Beliefs:**Next, make a statement that highlights the possibility that your assumption could be true and also not true. Finally, end your phrase with the statement ***“I don’t know”***
 | Neutralizing Statement |

**Opposite Action *Medium*-Form: Activity Day 3**

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| --- |
| **Instructions:** Opposite action is a powerful technique that helps you to start changing the behaviors that reinforce anxiety provoking beliefs and feelings. Below, you will identify as many behaviors as you can think of that your anxiety wanted you to do because of your scary assumption. Next you will identify your opposite actions for these behaviors. |



|  |  |
| --- | --- |
| **Opposite Action Questions** | **Answers** |
| * **What:** what did your anxiety want you to do during this situation.
* **List:** only 1 or 2 behaviors that you had a strong urge to do.
 | * **List below:** 2 things your anxiety wanted you to do the most
 |
| 1: Answer |
| 2: Answer |
| * **What:** 100% or 50% opposite actions will I take next time?
* **You can choose:** all 100% all 50% or one of each 100% & 50% opposite actions
 | * **List below:** Only 2 0pposite actions below
 |
| 100% Opposite of 1: Answer |
| 50% Opposite of 1: Answer |
| 100% Opposite of 2: Answer |
| 50% Opposite of 2: Answer |



**Acceptance Focus-*Long* Form: 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. Next you will practice making acceptance statements for these feelings. Finally, you, will end by doing a brief acceptance breathing techniques designed to help you better tolerate and accept your anxiety. |



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| **Acceptance Focus Questions** | **Answers** |
| * **What** physical sensations caused by your anxiety bothered you during this situation. List as many as you can.
 | * **List sensations below:**

Answer |
| * **Document** the anxiety sensation that bothered you the most during this situation
 | * **List most uncomfortable sensation below**

 Answer |
| * **Was** the presence of your most uncomfortable anxiety sensation proof that your scary assumption was true?
 | Answer |
| * **Were** you able to completely get rid of this sensation right away during this situation.
 | Answer |
| * **Have** you ever been able to completely get rid of this anxiety sensation right away when you start experiencing it?
 | Answer |
| * **Fill** in the blank. **I accept** (insert, most uncomfortable sensation).
 | **I accept:** Answer* **I CAN continue with this feeling present.**
 |
| * **Acceptance Breathing**,
* Take a deep breath in through your nose. As you are inhaling, imagine that you are breathing into your body your most uncomfortable anxiety sensation.
* As you are breathing this sensation in, firmly state in your mind your acceptance statement above.
* Next, you will exhale out your nose or mouth. As you are exhaling, firmly state in your mind the following statement, “**I CAN continue with this feeling present”**
* Repeat this process two more times
 | * **Notes: What was your experience like doing this?**

Answer |



**Two take-aways (*conclusions*) from this tracking activity? Activity Day 3**

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| **Instructions:** Reflecting on homework activities is an excellent way to expedite the learning process. Think of at least two things that stood out to you while doing this activity |



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| **Take-away 1:**Answer**Take-away 2:**Answer |

**Stop!**

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

**Adaptive Anxiety Skills: Activity Day 4**

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| **Instructions:** **A:** Track a situation today that made you anxious. This anxious situation should be related to 1 of your 3 reasons for seeking anxiety help. **B:** Next using short had, briefly describe the situation. **C:** Finally, pick 1 maladaptive behavior you engaged in the most and specifically describe how you engaged in it. |



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| **A: Reasons for seeking anxiety help (shorthand)** |
| 1. Reason.
 |
| 1. Reason.
 |
| 1. Reason.
 |



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| **B: Current Anxious Situation Today Related to 1 of your 3 reasons** |
| Situation. |



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| --- | --- |
| **C: Maladaptive Behaviors** | **Specifically describe how you engaged in the maladaptive behavior** |
| **Avoidance****What is it?** Avoiding or removing oneself from uncertain anxious situations.**Why too much of it is bad.** Avoidance reduces your natural ability to tolerate anxious feelings. | Enter avoidance behavior here. |
| **Safety Behaviors** **What is it?** Doing things to make your-self feel less anxious if avoidance is not possible.**Why too much of it is bad.** Safety behaviors reinforce the assumption that you cannot tolerate anxious feelings | Enter safety behaviors here. |
| **Reassurance Seeking****What is it?** Seeking assurance from trusted people or places**Why too much of it is bad**. Reassurance seeking reinforces that your scary assumption is true. | Enter reassurance seeking behaviors here. |
| **Active Worry****What is it?** Purposely thinking about the negative aspects of future situations**Why too much of it is bad.**  Active worry reinforces that your scary assumption is true. | Enter Active worry behaviors here. |
| **Active Rumination****What is it?** Purposely thinking about the negative aspects of past situations.**Why too much of it is bad.** Active rumination reinforces that your scary assumption is true. | Enter rumination behaviors here. |



**Neutralizing Beliefs *Medium*-Form: Activity Day 4**

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| **Instructions:** The neutralizing Beliefs form is designed to help you to gain perspective over your scary Beliefs in the moment. You will guess one scary assumption then conclude on the assumption you think is impacting you the most. |



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| **Neutralizing Beliefs Questions** | **Answers** |
| * Based on how you felt during this situation: Which of your top 5 beliefs was triggered most during this situation
 | Guess #1: Answer |
| * Could you prove that your assumption was true during the situation?

(Proof not Evidence) | Answer |
| * **Neutralizing Scary Beliefs:**Next, make a statement that highlights the possibility that your assumption could be true and also not true. Finally, end your phrase with the statement ***“I don’t know”***
 | Neutralizing Statement |

**Opposite Action *Medium*-Form: Activity Day 4**

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| **Instructions:** Opposite action is a powerful technique that helps you to start changing the behaviors that reinforce anxiety provoking beliefs and feelings. Below, you will identify as many behaviors as you can think of that your anxiety wanted you to do because of your scary assumption. Next you will identify your opposite actions for these behaviors. |



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| **Opposite Action Questions** | **Answers** |
| * **What:** what did your anxiety want you to do during this situation.
* **List:** only 1 or 2 behaviors that you had a strong urge to do.
 | * **List below:** 2 things your anxiety wanted you to do the most
 |
| 1: Answer |
| 2: Answer |
| * **What:** 100% or 50% opposite actions will I take next time?
* **You can choose:** all 100% all 50% or one of each 100% & 50% opposite actions
 | * **List below:** Only 2 0pposite actions below
 |
| 100% Opposite of 1: Answer |
| 50% Opposite of 1: Answer |
| 100% Opposite of 2: Answer |
| 50% Opposite of 2: Answer |



**Acceptance Focus-*Long* Form: Activity Day 4**

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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. Next you will practice making acceptance statements for these feelings. Finally, you, will end by doing a brief acceptance breathing techniques designed to help you better tolerate and accept your anxiety. |



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| **Acceptance Focus Questions** | **Answers** |
| * **What** physical sensations caused by your anxiety bothered you during this situation. List as many as you can.
 | * **List sensations below:**

Answer |
| * **Document** the anxiety sensation that bothered you the most during this situation
 | * **List most uncomfortable sensation below**

 Answer |
| * **Was** the presence of your most uncomfortable anxiety sensation proof that your scary assumption was true?
 | Answer |
| * **Were** you able to completely get rid of this sensation right away during this situation.
 | Answer |
| * **Have** you ever been able to completely get rid of this anxiety sensation right away when you start experiencing it?
 | Answer |
| * **Fill** in the blank. **I accept** (insert, most uncomfortable sensation).
 | **I accept:** Answer* **I CAN continue with this feeling present.**
 |
| * **Acceptance Breathing**,
* Take a deep breath in through your nose. As you are inhaling, imagine that you are breathing into your body your most uncomfortable anxiety sensation.
* As you are breathing this sensation in, firmly state in your mind your acceptance statement above.
* Next, you will exhale out your nose or mouth. As you are exhaling, firmly state in your mind the following statement, “**I CAN continue with this feeling present”**
* Repeat this process two more times
 | * **Notes: What was your experience like doing this?**

Answer |



**Two take-aways (*conclusions*) from this tracking activity? Activity Day 4**

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| --- |
| **Instructions:** Reflecting on homework activities is an excellent way to expedite the learning process. Think of at least two things that stood out to you while doing this activity |



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| **Take-away 1:**Answer**Take-away 2:**Answer |

**Stop!**

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