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

**The Adaptive Anxiety Therapy Program**

The Adaptive Anxiety Therapy program 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 1: Cognitive Restructuring**

Module 4: Belief Exposure

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Description automatically generated]()

**Narrowing down top 5 absolute core belief systems: Activity Day 1**

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



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| 1. Absolute belief. |
| 2. Absolute belief. |
| 3. Absolute belief. |



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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.**

**Absolute Belief Exposures: Activity Day 1-4**

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| **Instructions:** Use this exposure tracking sheet to track how your anxiety distress changes throughout your exposures. A round of exposure equals one exposure experience or one attempt at the exposure. After you have completed one round of exposure, use this exposure tracking chart below to track your anxiety distress (B) Before, (D) During, & (A) After the exposure. Because you will be tracking your anxiety distress after your exposure, you will need to guess what your anxiety distress levels were during the exposure. |

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| 1. Absolute belief. |

**Cognitive exposure: Activity Day 1**

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| **Date** | B | D | A | Homework | **Date** | B | D | A | Homework | **Date** | B | D | A | Homework |
| **Round**  1 | # | # | # | NA | **Round**  2 | # | # | # | NA | **Round**  3 | # | # | # | NA |
| **Date**  **mm/dd** | 2 | 2 | 2 | **Date**  **mm/dd** | 2 | 2 | 2 | **Date**  **mm/dd** | 2 | 2 | 2 |



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

**Stop!**

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

**Cognitive exposure: Activity Day 2**

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| **Date** | B | D | A | Homework | **Date** | B | D | A | Homework | **Date** | B | D | A | Homework |
| **Round**  4 | # | # | # | NA | **Round**  5 | # | # | # | NA | **Round**  6 | # | # | # | NA |
| **Date**  **mm/dd** | 2 | 2 | 2 | **Date**  **mm/dd** | 2 | 2 | 2 | **Date**  **mm/dd** | 2 | 2 | 2 |



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

**Stop!**

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

**Cognitive exposure: Activity Day 3**

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| **Date** | B | D | A | Homework | **Date** | B | D | A | Homework | **Date** | B | D | A | Homework |
| **Round**  7 | # | # | # | NA | **Round**  8 | # | # | # | NA | **Round**  9 | # | # | # | NA |
| **Date**  **mm/dd** | 2 | 2 | 2 | **Date**  **mm/dd** | 2 | 2 | 2 | **Date**  **mm/dd** | 2 | 2 | 2 |



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

**Stop!**

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

**Cognitive exposure: Activity Day 4**

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| **Date** | B | D | A | Homework | **Date** | B | D | A | Homework | **Date** | B | D | A | Homework |
| **Round**  10 | # | # | # | NA | **Round**  11 | # | # | # | NA | **Round**  12 | # | # | # | NA |
| **Date**  **mm/dd** | 2 | 2 | 2 | **Date**  **mm/dd** | 2 | 2 | 2 | **Date**  **mm/dd** | 2 | 2 | 2 |



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

**Stop!**

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

**Absolute Belief Exposures: Activity Day 5-8**

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| **Instructions:** Use this exposure tracking sheet to track how your anxiety distress changes throughout your exposures. A round of exposure equals one exposure experience or one attempt at the exposure. After you have completed one round of exposure, use this exposure tracking chart below to track your anxiety distress (B) Before, (D) During, & (A) After the exposure. Because you will be tracking your anxiety distress after your exposure, you will need to guess what your anxiety distress levels were during the exposure. |

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| 2. Absolute belief. |

**Cognitive exposure: Activity Day 5**

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| **Date** | B | D | A | Homework | **Date** | B | D | A | Homework | **Date** | B | D | A | Homework |
| **Round**  1 | # | # | # | NA | **Round**  2 | # | # | # | NA | **Round**  3 | # | # | # | NA |
| **Date**  **mm/dd** | 2 | 2 | 2 | **Date**  **mm/dd** | 2 | 2 | 2 | **Date**  **mm/dd** | 2 | 2 | 2 |



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

**Stop!**

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

**Cognitive exposure: Activity Day 6**

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| **Date** | B | D | A | Homework | **Date** | B | D | A | Homework | **Date** | B | D | A | Homework |
| **Round**  4 | # | # | # | NA | **Round**  5 | # | # | # | NA | **Round**  6 | # | # | # | NA |
| **Date**  **mm/dd** | 2 | 2 | 2 | **Date**  **mm/dd** | 2 | 2 | 2 | **Date**  **mm/dd** | 2 | 2 | 2 |



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

**Stop!**

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

**Cognitive exposure: Activity Day 7**

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| **Date** | B | D | A | Homework | **Date** | B | D | A | Homework | **Date** | B | D | A | Homework |
| **Round**  7 | # | # | # | NA | **Round**  8 | # | # | # | NA | **Round**  9 | # | # | # | NA |
| **Date**  **mm/dd** | 2 | 2 | 2 | **Date**  **mm/dd** | 2 | 2 | 2 | **Date**  **mm/dd** | 2 | 2 | 2 |



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

**Stop!**

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

**Cognitive exposure: Activity Day 8**

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| **Round**  10 | # | # | # | NA | **Round**  11 | # | # | # | NA | **Round**  12 | # | # | # | NA |
| **Date**  **mm/dd** | 2 | 2 | 2 | **Date**  **mm/dd** | 2 | 2 | 2 | **Date**  **mm/dd** | 2 | 2 | 2 |



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

**Stop!**

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

**Absolute Belief Exposures: Activity Day 9-12**

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| **Instructions:** Use this exposure tracking sheet to track how your anxiety distress changes throughout your exposures. A round of exposure equals one exposure experience or one attempt at the exposure. After you have completed one round of exposure, use this exposure tracking chart below to track your anxiety distress (B) Before, (D) During, & (A) After the exposure. Because you will be tracking your anxiety distress after your exposure, you will need to guess what your anxiety distress levels were during the exposure. |

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| 3. Absolute belief. |

**Cognitive exposure: Activity Day 9**

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| **Date** | B | D | A | Homework | **Date** | B | D | A | Homework | **Date** | B | D | A | Homework |
| **Round**  1 | # | # | # | NA | **Round**  2 | # | # | # | NA | **Round**  3 | # | # | # | NA |
| **Date**  **mm/dd** | 2 | 2 | 2 | **Date**  **mm/dd** | 2 | 2 | 2 | **Date**  **mm/dd** | 2 | 2 | 2 |



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

**Stop!**

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

**Cognitive exposure: Activity Day 10**

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| **Date** | B | D | A | Homework | **Date** | B | D | A | Homework | **Date** | B | D | A | Homework |
| **Round**  4 | # | # | # | NA | **Round**  5 | # | # | # | NA | **Round**  6 | # | # | # | NA |
| **Date**  **mm/dd** | 2 | 2 | 2 | **Date**  **mm/dd** | 2 | 2 | 2 | **Date**  **mm/dd** | 2 | 2 | 2 |



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

**Stop!**

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

**Cognitive exposure: Activity Day 11**

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| **Date** | B | D | A | Homework | **Date** | B | D | A | Homework | **Date** | B | D | A | Homework |
| **Round**  7 | # | # | # | NA | **Round**  8 | # | # | # | NA | **Round**  9 | # | # | # | NA |
| **Date**  **mm/dd** | 2 | 2 | 2 | **Date**  **mm/dd** | 2 | 2 | 2 | **Date**  **mm/dd** | 2 | 2 | 2 |



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

**Stop!**

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

**Cognitive exposure: Activity Day 12**

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| **Date** | B | D | A | Homework | **Date** | B | D | A | Homework | **Date** | B | D | A | Homework |
| **Round**  10 | # | # | # | NA | **Round**  11 | # | # | # | NA | **Round**  12 | # | # | # | NA |
| **Date**  **mm/dd** | 2 | 2 | 2 | **Date**  **mm/dd** | 2 | 2 | 2 | **Date**  **mm/dd** | 2 | 2 | 2 |



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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.**