**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 3: Exposure Training**

Module 8: Adaptive Anxiety Skill Training



**Adaptive Anxiety Skills: Skill Objectives**

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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. |



|  |  |
| --- | --- |
| **Neutralizing Beliefs** | **Objectives** |
| * What is it I think I know
 | * Identifying scary Beliefs that are controlling you in the moment.
 |
| * My scary Belief could be true
 | * Exposure and desensitization to triggering thoughts/Beliefs.
 |
| * My scary Belief could not be true
 | * Taking a balanced look at your scary Belief
 |
| * I don’t know
 | * Skillfully remaining neutral to your Belief while also acknowledging your limited abilities to know if your Belief is true.
 |

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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 Belief & provides new experiences that could weaken the Belief.
 |
| * Opposite Action 50%
 | * Reducing how intensely you do anxious behaviors. Lessens the chance of reinforcing your Belief & can provide new experiences that may weaken the Belief
 |

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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.
 |

**Maladaptive Behavior Tracking for Exposures: After Exposure Activity**

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| --- |
| **Instructions:** After each round of exposure, you will identify which maladaptive behavior you believe you engaged in the most during your exposure. Next, you will check the box in the column of the current exposure round you are in and in the row of the maladaptive behavior you think you did the most during the exposure round. |



|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Maladaptive Behaviors** | **RD1** | **RD2** | **RD3** | **RD4** | **RD5** | **RD6** | **RD7** | **RD8** | **RD9** | **RD10** | **RD11** |
| **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 Belief 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 Belief 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 Belief 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 Belief is true. | [ ]  | [ ]  | [ ]  | [ ]  | [ ]  | [ ]  | [ ]  | [ ]  | [ ]  | [ ]  | [ ]  |

**Adaptive Anxiety Skills Post Exposure: Rd1**

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| --- |
| **Instructions:** First, document your maladaptive behavior below. Next, imagine you are experiencing your exposure again and walk yourself through the Adaptive Anxiety Skills to identify how you could have handled your exposure using more adaptive responses to your anxiety rather than maladaptive responses |



|  |
| --- |
| **Primary Maladaptive Behavior During Exposure** |
| Answer |

**Neutralizing Beliefs *Short*-Form**

|  |  |
| --- | --- |
| **Neutralizing Beliefs Questions** | **Answers** |
| * **What** is it I think I know?
 | Answer |
| * **Neutralize** this scary Belief?
 | Answer |

**Opposite Action *Short* -Form**

|  |  |
| --- | --- |
| **Opposite Action Questions** | **Answers** |
| * **What** does my anxiety want me to do?
 | Answer |
| * **What’s** my 100% or 50% opposite action?
 | Answer |

**Acceptance Focus *Short*-Form**

|  |  |
| --- | --- |
| **Acceptance Focus Questions** | **Answers** |
| * Breath in**, I Accept** ………..Breath out, **I CAN! X**3
 | Answer |

**Two take-aways (*conclusions*) from this tracking activity? Rd1**

|  |
| --- |
| **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 |



|  |
| --- |
| **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 Post Exposure: Rd2**

|  |
| --- |
| **Instructions:** First, document your maladaptive behavior below. Next, imagine you are experiencing your exposure again and walk yourself through the Adaptive Anxiety Skills to identify how you could have handled your exposure using more adaptive responses to your anxiety rather than maladaptive responses |



|  |
| --- |
| **Primary Maladaptive Behavior During Exposure** |
| Answer |

**Neutralizing Beliefs *Short*-Form**

|  |  |
| --- | --- |
| **Neutralizing Beliefs Questions** | **Answers** |
| * **What** is it I think I know?
 | Answer |
| * **Neutralize** this scary Belief?
 | Answer |

**Opposite Action *Short* -Form**

|  |  |
| --- | --- |
| **Opposite Action Questions** | **Answers** |
| * **What** does my anxiety want me to do?
 | Answer |
| * **What’s** my 100% or 50% opposite action?
 | Answer |

**Acceptance Focus *Short*-Form**

|  |  |
| --- | --- |
| **Acceptance Focus Questions** | **Answers** |
| * Breath in**, I Accept** ………..Breath out, **I CAN! X**3
 | Answer |

**Two take-aways (*conclusions*) from this tracking activity? Rd2**

|  |
| --- |
| **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 |



|  |
| --- |
| **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 Post Exposure: Rd3**

|  |
| --- |
| **Instructions:** First, document your maladaptive behavior below. Next, imagine you are experiencing your exposure again and walk yourself through the Adaptive Anxiety Skills to identify how you could have handled your exposure using more adaptive responses to your anxiety rather than maladaptive responses |



|  |
| --- |
| **Primary Maladaptive Behavior During Exposure** |
| Answer |

**Neutralizing Beliefs *Short*-Form**

|  |  |
| --- | --- |
| **Neutralizing Beliefs Questions** | **Answers** |
| * **What** is it I think I know?
 | Answer |
| * **Neutralize** this scary Belief?
 | Answer |

**Opposite Action *Short* -Form**

|  |  |
| --- | --- |
| **Opposite Action Questions** | **Answers** |
| * **What** does my anxiety want me to do?
 | Answer |
| * **What’s** my 100% or 50% opposite action?
 | Answer |

**Acceptance Focus *Short*-Form**

|  |  |
| --- | --- |
| **Acceptance Focus Questions** | **Answers** |
| * Breath in**, I Accept** ………..Breath out, **I CAN! X**3
 | Answer |

**Two take-aways (*conclusions*) from this tracking activity? Rd3**

|  |
| --- |
| **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 |



|  |
| --- |
| **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 Post Exposure: Rd4**

|  |
| --- |
| **Instructions:** First, document your maladaptive behavior below. Next, imagine you are experiencing your exposure again and walk yourself through the Adaptive Anxiety Skills to identify how you could have handled your exposure using more adaptive responses to your anxiety rather than maladaptive responses |



|  |
| --- |
| **Primary Maladaptive Behavior During Exposure** |
| Answer |

**Neutralizing Beliefs *Short*-Form**

|  |  |
| --- | --- |
| **Neutralizing Beliefs Questions** | **Answers** |
| * **What** is it I think I know?
 | Answer |
| * **Neutralize** this scary Belief?
 | Answer |

**Opposite Action *Short* -Form**

|  |  |
| --- | --- |
| **Opposite Action Questions** | **Answers** |
| * **What** does my anxiety want me to do?
 | Answer |
| * **What’s** my 100% or 50% opposite action?
 | Answer |

**Acceptance Focus *Short*-Form**

|  |  |
| --- | --- |
| **Acceptance Focus Questions** | **Answers** |
| * Breath in**, I Accept** ………..Breath out, **I CAN! X**3
 | Answer |

**Two take-aways (*conclusions*) from this tracking activity? Rd4**

|  |
| --- |
| **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 |



|  |
| --- |
| **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 Post Exposure: Rd5**

|  |
| --- |
| **Instructions:** First, document your maladaptive behavior below. Next, imagine you are experiencing your exposure again and walk yourself through the Adaptive Anxiety Skills to identify how you could have handled your exposure using more adaptive responses to your anxiety rather than maladaptive responses |



|  |
| --- |
| **Primary Maladaptive Behavior During Exposure** |
| Answer |

**Neutralizing Beliefs *Short*-Form**

|  |  |
| --- | --- |
| **Neutralizing Beliefs Questions** | **Answers** |
| * **What** is it I think I know?
 | Answer |
| * **Neutralize** this scary Belief?
 | Answer |

**Opposite Action *Short* -Form**

|  |  |
| --- | --- |
| **Opposite Action Questions** | **Answers** |
| * **What** does my anxiety want me to do?
 | Answer |
| * **What’s** my 100% or 50% opposite action?
 | Answer |

**Acceptance Focus *Short*-Form**

|  |  |
| --- | --- |
| **Acceptance Focus Questions** | **Answers** |
| * Breath in**, I Accept** ………..Breath out, **I CAN! X**3
 | Answer |

**Two take-aways (*conclusions*) from this tracking activity? Rd5**

|  |
| --- |
| **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 |



|  |
| --- |
| **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 Post Exposure: Rd6**

|  |
| --- |
| **Instructions:** First, document your maladaptive behavior below. Next, imagine you are experiencing your exposure again and walk yourself through the Adaptive Anxiety Skills to identify how you could have handled your exposure using more adaptive responses to your anxiety rather than maladaptive responses |



|  |
| --- |
| **Primary Maladaptive Behavior During Exposure** |
| Answer |

**Neutralizing Beliefs *Short*-Form**

|  |  |
| --- | --- |
| **Neutralizing Beliefs Questions** | **Answers** |
| * **What** is it I think I know?
 | Answer |
| * **Neutralize** this scary Belief?
 | Answer |

**Opposite Action *Short* -Form**

|  |  |
| --- | --- |
| **Opposite Action Questions** | **Answers** |
| * **What** does my anxiety want me to do?
 | Answer |
| * **What’s** my 100% or 50% opposite action?
 | Answer |

**Acceptance Focus *Short*-Form**

|  |  |
| --- | --- |
| **Acceptance Focus Questions** | **Answers** |
| * Breath in**, I Accept** ………..Breath out, **I CAN! X**3
 | Answer |

**Two take-aways (*conclusions*) from this tracking activity? Rd6**

|  |
| --- |
| **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 |



|  |
| --- |
| **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 Post Exposure: Rd7**

|  |
| --- |
| **Instructions:** First, document your maladaptive behavior below. Next, imagine you are experiencing your exposure again and walk yourself through the Adaptive Anxiety Skills to identify how you could have handled your exposure using more adaptive responses to your anxiety rather than maladaptive responses |



|  |
| --- |
| **Primary Maladaptive Behavior During Exposure** |
| Answer |

**Neutralizing Beliefs *Short*-Form**

|  |  |
| --- | --- |
| **Neutralizing Beliefs Questions** | **Answers** |
| * **What** is it I think I know?
 | Answer |
| * **Neutralize** this scary Belief?
 | Answer |

**Opposite Action *Short* -Form**

|  |  |
| --- | --- |
| **Opposite Action Questions** | **Answers** |
| * **What** does my anxiety want me to do?
 | Answer |
| * **What’s** my 100% or 50% opposite action?
 | Answer |

**Acceptance Focus *Short*-Form**

|  |  |
| --- | --- |
| **Acceptance Focus Questions** | **Answers** |
| * Breath in**, I Accept** ………..Breath out, **I CAN! X**3
 | Answer |

**Two take-aways (*conclusions*) from this tracking activity? Rd7**

|  |
| --- |
| **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 |



|  |
| --- |
| **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 Post Exposure: Rd8**

|  |
| --- |
| **Instructions:** First, document your maladaptive behavior below. Next, imagine you are experiencing your exposure again and walk yourself through the Adaptive Anxiety Skills to identify how you could have handled your exposure using more adaptive responses to your anxiety rather than maladaptive responses |



|  |
| --- |
| **Primary Maladaptive Behavior During Exposure** |
| Answer |

**Neutralizing Beliefs *Short*-Form**

|  |  |
| --- | --- |
| **Neutralizing Beliefs Questions** | **Answers** |
| * **What** is it I think I know?
 | Answer |
| * **Neutralize** this scary Belief?
 | Answer |

**Opposite Action *Short* -Form**

|  |  |
| --- | --- |
| **Opposite Action Questions** | **Answers** |
| * **What** does my anxiety want me to do?
 | Answer |
| * **What’s** my 100% or 50% opposite action?
 | Answer |

**Acceptance Focus *Short*-Form**

|  |  |
| --- | --- |
| **Acceptance Focus Questions** | **Answers** |
| * Breath in**, I Accept** ………..Breath out, **I CAN! X**3
 | Answer |

**Two take-aways (*conclusions*) from this tracking activity? Rd8**

|  |
| --- |
| **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 |



|  |
| --- |
| **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 Post Exposure: Rd9**

|  |
| --- |
| **Instructions:** First, document your maladaptive behavior below. Next, imagine you are experiencing your exposure again and walk yourself through the Adaptive Anxiety Skills to identify how you could have handled your exposure using more adaptive responses to your anxiety rather than maladaptive responses |



|  |
| --- |
| **Primary Maladaptive Behavior During Exposure** |
| Answer |

**Neutralizing Beliefs *Short*-Form**

|  |  |
| --- | --- |
| **Neutralizing Beliefs Questions** | **Answers** |
| * **What** is it I think I know?
 | Answer |
| * **Neutralize** this scary Belief?
 | Answer |

**Opposite Action *Short* -Form**

|  |  |
| --- | --- |
| **Opposite Action Questions** | **Answers** |
| * **What** does my anxiety want me to do?
 | Answer |
| * **What’s** my 100% or 50% opposite action?
 | Answer |

**Acceptance Focus *Short*-Form**

|  |  |
| --- | --- |
| **Acceptance Focus Questions** | **Answers** |
| * Breath in**, I Accept** ………..Breath out, **I CAN! X**3
 | Answer |

**Two take-aways (*conclusions*) from this tracking activity? Rd9**

|  |
| --- |
| **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 |



|  |
| --- |
| **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 Post Exposure: Rd10**

|  |
| --- |
| **Instructions:** First, document your maladaptive behavior below. Next, imagine you are experiencing your exposure again and walk yourself through the Adaptive Anxiety Skills to identify how you could have handled your exposure using more adaptive responses to your anxiety rather than maladaptive responses |



|  |
| --- |
| **Primary Maladaptive Behavior During Exposure** |
| Answer |

**Neutralizing Beliefs *Short*-Form**

|  |  |
| --- | --- |
| **Neutralizing Beliefs Questions** | **Answers** |
| * **What** is it I think I know?
 | Answer |
| * **Neutralize** this scary Belief?
 | Answer |

**Opposite Action *Short* -Form**

|  |  |
| --- | --- |
| **Opposite Action Questions** | **Answers** |
| * **What** does my anxiety want me to do?
 | Answer |
| * **What’s** my 100% or 50% opposite action?
 | Answer |

**Acceptance Focus *Short*-Form**

|  |  |
| --- | --- |
| **Acceptance Focus Questions** | **Answers** |
| * Breath in**, I Accept** ………..Breath out, **I CAN! X**3
 | Answer |

**Two take-aways (*conclusions*) from this tracking activity? Rd10**

|  |
| --- |
| **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 |



|  |
| --- |
| **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 Post Exposure: Rd11**

|  |
| --- |
| **Instructions:** First, document your maladaptive behavior below. Next, imagine you are experiencing your exposure again and walk yourself through the Adaptive Anxiety Skills to identify how you could have handled your exposure using more adaptive responses to your anxiety rather than maladaptive responses |



|  |
| --- |
| **Primary Maladaptive Behavior During Exposure** |
| Answer |

**Neutralizing Beliefs *Short*-Form**

|  |  |
| --- | --- |
| **Neutralizing Beliefs Questions** | **Answers** |
| * **What** is it I think I know?
 | Answer |
| * **Neutralize** this scary Belief?
 | Answer |

**Opposite Action *Short* -Form**

|  |  |
| --- | --- |
| **Opposite Action Questions** | **Answers** |
| * **What** does my anxiety want me to do?
 | Answer |
| * **What’s** my 100% or 50% opposite action?
 | Answer |

**Acceptance Focus *Short*-Form**

|  |  |
| --- | --- |
| **Acceptance Focus Questions** | **Answers** |
| * Breath in**, I Accept** ………..Breath out, **I CAN! X**3
 | Answer |

**Two take-aways (*conclusions*) from this tracking activity? Rd11**

|  |
| --- |
| **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 |



|  |
| --- |
| **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 Post Exposure: Rd12**

|  |
| --- |
| **Instructions:** First, document your maladaptive behavior below. Next, imagine you are experiencing your exposure again and walk yourself through the Adaptive Anxiety Skills to identify how you could have handled your exposure using more adaptive responses to your anxiety rather than maladaptive responses |



|  |
| --- |
| **Primary Maladaptive Behavior During Exposure** |
| Answer |

**Neutralizing Beliefs *Short*-Form**

|  |  |
| --- | --- |
| **Neutralizing Beliefs Questions** | **Answers** |
| * **What** is it I think I know?
 | Answer |
| * **Neutralize** this scary Belief?
 | Answer |

**Opposite Action *Short* -Form**

|  |  |
| --- | --- |
| **Opposite Action Questions** | **Answers** |
| * **What** does my anxiety want me to do?
 | Answer |
| * **What’s** my 100% or 50% opposite action?
 | Answer |

**Acceptance Focus *Short*-Form**

|  |  |
| --- | --- |
| **Acceptance Focus Questions** | **Answers** |
| * Breath in**, I Accept** ………..Breath out, **I CAN! X**3
 | Answer |

**Two take-aways (*conclusions*) from this tracking activity? Rd12**

|  |
| --- |
| **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 |



|  |
| --- |
| **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.**