**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: Anxiety Adaptation Training**

Module 8a: Exposure Creation-Contract- & Tracking: *Easy (1-2****)***



**Creating Exposure Ideas: Therapy Session**

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| **Instructions:** The internal Focus Long Form is designed to help you to gain perspective over your scary beliefs in the moment.  |



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| **Exposure difficulty level** | **Exposure Situation** | **2 highest beliefs** | **Pick belief you feel is most relevant to situation** |
| **Low Anxiety Situation:****Easy**(1-2) | Answer. | Answer.Answer. | Answer. |

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| **Exposures Done at Home** |
| Areas | Situations | People |
| 1. Are there areas in your home that can give you exposure to this belief?
 | 1. Are there any recurring situations at your home that can give you exposure to this belief
 | 1. Are there people available at home that can give you exposure to this belief
 |
| [ ]  I think there are: [ ]  Not Really  | [ ]  I think there are: [ ]  Not Really  | [ ]  I think there are: [ ]  Not Really  |
| 1. If you think there are, what areas can you identify?
 | 1. If you think there are, what recurring situations can you identify?
 | 1. If you think there are people, who are they?
 |
| Area 1: Answer. | Situation 1: Answer. | Person 1: Answer. |
| Area 2: Answer. | Situation 2: Answer. | Person 2: Answer. |
| Area 3: Answer. | Situation 3: Answer. | Person 3: Answer. |
| 1. Without going into great detail, think of a creative way you can get exposure to your belief in 1 of the 3 areas listed above.
 | 1. Without going into great detail, think of a creative way you can get exposure to your belief during 1 of the 3 recurring situations listed above
 | 1. Without going into great detail, think of a creative way you can get exposure to your belief that involves 1 of the 3 people listed above
 |
| Exposure to belief idea for area: Answer. | Exposure to belief idea for situation: Answer. | Exposure to belief idea for people:Answer. |
| 1. How much anxiety would this exposure give you on a scale of 0 -10? 0 = No anxiety 10 = Panic attack
 | 1. How much anxiety would this exposure give you on a scale of 0 -10? 0 = No anxiety 10 = Panic attack
 | 1. How much anxiety would this exposure give you on a scale of 0 -10? 0 = No anxiety 10 = Panic attack
 |
| Rating: Answer. | Rating: Answer. | Rating: Answer. |



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| **Exposures Done in Your City/Town** |
| Areas | Situations | People |
| 1. Are there places/locations in your town/city that can give you exposure to this belief?
 | 1. Are there any recurring situations/events that happen in your town/city that can give you exposure to this belief
 | 1. Are there people available in your town/city that can give you exposure to this belief
 |
| [ ]  I think there are: [ ]  Not Really  | [ ]  I think there are: [ ]  Not Really  | [ ]  I think there are: [ ]  Not Really  |
| 1. If you think there are, what areas can you identify?
 | 1. If you think there are, what recurring situations can you identify?
 | 1. If you think there are people, who are they?
 |
| Area 1: Answer. | Situation 1: Answer. | Person 1: Answer. |
| Area 2: Answer. | Situation 2: Answer. | Person 2: Answer. |
| Area 3: Answer. | Situation 3: Answer. | Person 3: Answer. |
| 1. Without going into great detail, think of a creative way you can get exposure to your belief in 1 of the 3 areas listed above.
 | 1. Without going into great detail, think of a creative way you can get exposure to your belief during 1 of the 3 recurring situations listed above
 | 1. Without going into great detail, think of a creative way you can get exposure to your belief that involves 1 of the 3 people listed above
 |
| Exposure to belief idea for area: Answer. | Exposure to belief idea for situation: Answer. | Exposure to belief idea for people:Answer. |
| 1. How much anxiety would this exposure give you on a scale of 0 -10? 0 = No anxiety 10 = Panic attack
 | 1. How much anxiety would this exposure give you on a scale of 0 -10? 0 = No anxiety 10 = Panic attack
 | 1. How much anxiety would this exposure give you on a scale of 0 -10? 0 = No anxiety 10 = Panic attack
 |
| Rating: Answer. | Rating: Answer. | Rating: Answer. |



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| **Exposures Done at Work/School** |
| Areas | Situations | People |
| 1. Are there places/locations at work/school that can give you exposure to this belief?
 | 1. Are there any recurring situations/events that happen at work/school that can give you exposure to this belief
 | 1. Are there people available at work/school town/city that can give you exposure to this belief
 |
| [ ]  I think there are: [ ]  Not Really  | [ ]  I think there are: [ ]  Not Really  | [ ]  I think there are: [ ]  Not Really  |
| 1. If you think there are, what areas can you identify?
 | 1. If you think there are, what recurring situations can you identify?
 | 1. If you think there are people, who are they?
 |
| Area 1: Answer. | Situation 1: Answer. | Person 1: Answer. |
| Area 2: Answer. | Situation 2: Answer. | Person 2: Answer. |
| Area 3: Answer. | Situation 3: Answer. | Person 3: Answer. |
| 1. Without going into great detail, think of a creative way you can get exposure to your belief in 1 of the 3 areas listed above.
 | 1. Without going into great detail, think of a creative way you can get exposure to your belief during 1 of the 3 recurring situations listed above
 | 1. Without going into great detail, think of a creative way you can get exposure to your belief that involves 1 of the 3 people listed above
 |
| Exposure to belief idea for area: Answer. | Exposure to belief idea for situation:Answer.  | Exposure to belief idea for people:Answer. |
| 1. How much anxiety would this exposure give you on a scale of 0 -10? 0 = No anxiety 10 = Panic attack
 | 1. How much anxiety would this exposure give you on a scale of 0 -10? 0 = No anxiety 10 = Panic attack
 | 1. How much anxiety would this exposure give you on a scale of 0 -10? 0 = No anxiety 10 = Panic attack
 |
| Rating: Answer. | Rating: Answer. | Rating: Answer. |



**Planning Exposure: Therapy Session**

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| **Instructions:** Below, you will begin the process of turning your exposure idea into a well plan exposure activity. It is important that your exposures are detailed and organized. Structured exposures help you to have a clear picture of specifically what you will be doing in addition to helping you engage in your exposures frequently |



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| **Exposure Creation Questions** | **Answers** |
| **Location of Exposure?*** Where will exposure be done?
 | [ ]  Home [ ]  Town/City [ ]  Work/School Describe Location Below:Answer. |
| **Type of Exposure.** * What are you exposing yourself to?
 | [ ]  Area [ ]  Situation [ ]  Person  Describe what area, situation, or person you are exposing your self to below: Answer. |
| **Idea For Exposure.*** What is your exposure idea?
 | * Answer.
 |
| **Exposing Yourself to What?*** What belief/belief are you exposing your-self to
 | * Answer.
 |
| **What Will Exposure Look Like?*** Next, we will need to create what your exposure will look like and specifically what you will be doing for your exposure.
* Your home environment and the world around you are abundant in resources that will allow you to creatively construct an exposure for your exposure idea.
* You will creatively think about what personal resources you have and what external resources you have access to and creatively piece together how your exposure will look for your exposure idea.

**Note: ------>**Exposures should never be done for more than 20 minutes**Note: ------>**You should only end an exposure prematurely if you feel that things are happening that are way beyond your ability to cope with  | **I will get exposure to** Answer.**By specifically doing the following:****What** will I do?* Answer.

**Specifically**, how will I do it?* Answer.

**Who** will be involved?* Answer.

**What** things will be involved?* Answer.

**Where** are all the places this exposure can be done?* Answer.

**How** long should I do this exposure for?* Answer.

**What** specifically do I need to do to stop/end the exposure when I have reached my exposure time limit?* Answer.

**I** will prematurely end my exposure if the following things happen. * Answer.
 |
| **Can it be Done?*** Is your exposure idea practical? Can it realistically be done?
 | * Answer.
 |
| **Ethical Exposure Questions.*** Exposures are meant helpful rather than harmful. Consider the likelihood of harm for your created exposure by answering the questions in this section.
 | **Likelihood** this exposure will cause you physical harm (bodily injury)[ ] Likely [ ] Somewhat Likely [ ] Not Likely **Likelihood** this exposure will cause you financial harm (sizable loss of income or money)[ ] Likely [ ] Somewhat Likely [ ] Not Likely **Likelihood** this exposure will cause you emotional harm (emotional trauma)[ ] Likely [ ] Somewhat Likely [ ] Not Likely  |
| **Ethical Exposure Assessment.*** Next you will assess if your exposure is morally and ethically appropriate to conduct
 | [ ] 3 **not likely’ s** **=** Exposure has very low risk factors & you should proceed with this exposure. [ ] 2 **not likely’ s** and 1 **somewhat likely** **=** Exposure has moderate risk factors. You should consider revising your exposure to lower the somewhat likely risk before continuing.[ ] 1 **not likely** and **2 somewhat likely’ s** **=** Exposure has high-risk factors. You should ***Not*** move forward with this exposure until you have revised your exposure to lower the somewhat likely risks before continuing.[ ] 0 likely’ s **=** Exposure has very high-risk factors. You should ***Not*** move forward with this exposure. Revise all elements of your created exposure to lower the risk factors. |
| **Exposure Schedule?*** Next, we will set an exposure schedule. Exposures should be built into your routine so that you engage in them frequently.
* Answers the adjacent questions to establish your exposure schedule.
* If you do not have control over starting the exposure, you may skip this section.
 | How many days per week will you do this exposure?* Answer.

What days of the week will this exposure be done on?* Answer.

What time of day will you do this exposure?* Weekdays: Answer.
* Weekend: Answer.

When will I move to the next exposure?* I will move to the next exposure when my anxiety distress for (**B) Before is less than 2**, **(D) During is less than 2**, **(A) After is less than 2**.
* See tracking sheet for more details
 |
| **Exposure Contract with Dr. Shawn Nabors.*** Congratulations, you have just created an exposure contract! This contract is intended to hold you accountable for engaging in your created exposure.
* Print and sign in the adjacent box to finalize your exposure contract.
 | I, (type name) Full Name. understand that frequent engagement in this exposure will give me the opportunity to practice anxiety skills that help me to become better adapted to my anxious thoughts and feelings.I,(type name) Full Name. understand that becoming better adapted to anxiety through exposure means that I will still feel anxiety, however, my anxiety will bother me less as I become more adapted to it Full Name. mm/dd/yy *Signature (type)*  Date |

**Exposure Tracking: Duration 2 Weeks**

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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. After you have tracked your anxiety distress before, during, and after, you will them complete your adaptive anxiety skills practice sheet for maladaptive behaviors found in Module 8a. You will continue this current exposure until your (B) Before,(D) During, & (A) After are equal to or less than 2. After you have completed this exposure, you will then document your two take-aways from conducting this exposure. |



Anxiety Distress Scale

* 10 = My anxiety was highly distressing
* 0 = My anxiety was not distressing at all

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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. |

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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. |

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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. |

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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. |