**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 5: Neutralizing Beliefs & Modifying Behavior

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**Adaptive Anxiety Skills: Introduction to Skills**

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| **Note:** Below are 2 of the 4 Adaptive Anxiety Skills you will learn in this program. Each Adaptive Anxiety 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 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 |

**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 member’s 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 yourself 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. |  |



**Neutralizing Beliefs *Long*-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 identify 3 out of 5 of your top beliefs you feel were triggered during this situation. You will then identify which belief you think is impacting you the most. |



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| **Neutralizing Beliefs Questions** | **Scary Beliefs** | |
| 1. Based on how you felt during this situation, which of your top 5 beliefs was triggered during this situation. | **Absolute Belief #1:** | **Believability Rating** |
| I’m boring | 0=Not at all: 10=Absolutely |
| 1. Based on how you felt during this situation, which of your top 5 beliefs was triggered during this situation. | **Absolute Belief #2:** | **Believability Rating** |
| I’m weird | 0=Not at all: 10=Absolutely |
| 1. Based on how you felt during this situation, which of your top 5 beliefs was triggered during this situation. | **Absolute Belief #3:** | **Believability Rating** |
| I’m not worth talking to | 0=Not at all: 10=Absolutely |
| 1. Which absolute belief felt most right?   (Emotional Guess Not Analytical Guess) | #3: I’m not worth talking to | |
| 1. Is it possible that your belief could be true in this situation? | Yes, it’s possible. | |
| 1. Is it possible that your belief could not be true in this situation? | Yes, it’s possible. | |
| 1. During this situation, were you able to definitively know if your belief was true or not? | No, I was not able to know | |
| 1. **Neutralizing Scary Beliefs:**Next, make a statement that highlights the possibility that your Belief could be true and also not true. Finally, end your phrase with the statement ***“ I don’t know”*** | It is possible that I could not be worth talking to or it is possible I could be worth talking to, I don’t know. | |



**Opposite Action *Long*-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. |



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| **Opposite Action Questions** | **Answers** |
| * **Specifically:** what behaviors did my anxiety want me to do because of what I thought I knew? | * **List below:** As many behaviors/things as you can possibly think of that your anxiety wanted you to do during this situation. |
| 1: Leave |
| 2: Not talk to anyone |
| 3: Stay to myself |
| 4: Get drunk |
| 5: Not look at anyone in the eyes |
| 6: Stay glued to my phone |
| * **What:** would it look like to do **100%** of the opposite of the behaviors your anxiety wanted you to do for each behavior listed? | * **List below:** 100% opposite actions for each behavior/thing your anxiety wanted you to do |
| Opposite of 1: Not leave but rather stay the entire time |
| Opposite of 2: Make sure I talked to everyone |
| Opposite of 3: Make sure that I was never to myself |
| Opposite of 4: Not drink at all |
| Opposite of 5: Make sure I look at everyone’s eyes |
| Opposite of 6: Leave my phone in my pocket and not look at it |
| * **What:** would it look like to do **50%** of the opposite of the behaviors your anxiety wanted you to do for each behavior listed? | **List below:** 50% opposite actions for each behavior/thing your anxiety wanted you to do |
| Opposite of 1: Stay until I feel I have stayed long enough to leave |
| Opposite of 2: Make sure that I have a least talked to a hand full of different people |
| Opposite of 3: Find small moments to be to myself but then quickly rejoin the group |
| Opposite of 4: Have at least a half a beer |
| Opposite of 5: Start by looking people in the eye at least once |
| Opposite of 6: Glance at my phone only during down periods in the conversation |
| * **Next** time this or a similar situation happens, pick one 100% opposite action you will commit to and two 50% opposite actions you will commit to. | 100% Opposite: Not leave but rather stay the entire time |
| 50% Opposite: Make sure that I have a least talked to a hand full of different people |
| 50% Opposite: Start by looking people in the eye at least once |

**Stop!**

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

**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. |



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



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| **C: Maladaptive Behaviors** | **Pick only 1 maladaptive behavior you believe you engaged in the most. Next, 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 Belief 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 Belief 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 Belief 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 Belief is true. | Enter rumination behaviors here. |



**Neutralizing Beliefs *Long*-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 identify 3 out of 5 of your top beliefs you feel were triggered during this situation. You will then identify which belief you think is impacting you the most. |



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| **Neutralizing Beliefs Questions** | **Answers** |
| 1. Based on how you felt during this situation, which of your top 5 beliefs was triggered during this situation. | **Absolute Belief #1:** |
| Answer |
| 1. Based on how you felt during this situation, which of your top 5 beliefs was triggered during this situation. | **Absolute Belief #2:** |
| Answer |
| 1. Based on how you felt during this situation, which of your top 5 beliefs was triggered during this situation. | **Absolute Belief #3:** |
| Answer |
| 1. Which absolute belief felt most right?   (Emotional Guess Not Analytical Guess) | Answer |
| 1. Is it possible that your belief could be true in this situation? | Answer |
| 1. Is it possible that your belief could not be true in this situation? | Answer |
| 1. During this situation, were you able to definitively know if your belief was true or not? | Answer |
| 1. **Neutralizing Scary Beliefs:**Next, make a statement that highlights the possibility that your Belief could be true and also not true. Finally, end your phrase with the statement ***“ I don’t know”*** | Neutralizing Statement |



**Opposite Action *Long*-Form: Therapy Session Practice**

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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. |



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| **Opposite Action Questions** | **Answers** |
| * **Specifically:** what behaviors did my anxiety want me to do because of what I thought I knew? | * **List below:** As many behaviors/things as you can possibly think of that your anxiety wanted you to do during this situation. |
| 1: Answer |
| 2: Answer |
| 3: Answer |
| 4: Answer |
| 5: Answer |
| 6: Answer |
| * **What:** would it look like to do **100%** of the opposite of the behaviors your anxiety wanted you to do for each behavior listed? | * **List below:** 100% opposite actions for each behavior/thing your anxiety wanted you to do |
| Opposite of 1: Answer |
| Opposite of 2: Answer |
| Opposite of 3: Answer |
| Opposite of 4: Answer |
| Opposite of 5: Answer |
| Opposite of 6: Answer |
| * **What:** would it look like to do **50%** of the opposite of the behaviors your anxiety wanted you to do for each behavior listed? | * **List below:** 50% opposite actions for each behavior/thing your anxiety wanted you to do |
| Opposite of 1: Answer |
| Opposite of 2: Answer |
| Opposite of 3: Answer |
| Opposite of 4: Answer |
| Opposite of 5: Answer |
| Opposite of 6: Answer |
| * **Next** time this or a similar situation happens, pick one 100% opposite action you will commit to and two 50% opposite actions you will commit to. | 100% Opposite:  Answer |
| 50% Opposite:  Answer |
| 50% Opposite:  Answer |



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

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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 |



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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.**

**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 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. |



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



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| **C: Maladaptive Behaviors** | **Pick only 1 maladaptive behavior you believe you engaged in the most. Next, 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 Belief 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 Belief 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 Belief 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 Belief is true. | Enter rumination behaviors here. |



**Neutralizing Beliefs *Long*-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 identify 3 out of 5 of your top beliefs you feel were triggered during this situation. You will then identify which belief you think is impacting you the most. |



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| **Neutralizing Beliefs Questions** | **Answers** |
| 1. Based on how you felt during this situation, which of your top 5 beliefs was triggered during this situation. | **Absolute Belief #1:** |
| Answer |
| 1. Based on how you felt during this situation, which of your top 5 beliefs was triggered during this situation. | **Absolute Belief #2:** |
| Answer |
| 1. Based on how you felt during this situation, which of your top 5 beliefs was triggered during this situation. | **Absolute Belief #3:** |
| Answer |
| 1. Which absolute belief felt most right?   (Emotional Guess Not Analytical Guess) | Answer |
| 1. Is it possible that your belief could be true in this situation? | Answer |
| 1. Is it possible that your belief could not be true in this situation? | Answer |
| 1. During this situation, were you able to definitively know if your belief was true or not? | Answer |
| 1. **Neutralizing Scary Beliefs:**Next, make a statement that highlights the possibility that your Belief could be true and also not true. Finally, end your phrase with the statement ***“ I don’t know”*** | Neutralizing Statement |



**Opposite Action *Long*-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. |



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| **Opposite Action Questions** | **Answers** |
| * **Specifically:** what behaviors did my anxiety want me to do because of what I thought I knew? | * **List below:** As many behaviors/things as you can possibly think of that your anxiety wanted you to do during this situation. |
| 1: Answer |
| 2: Answer |
| 3: Answer |
| 4: Answer |
| 5: Answer |
| 6: Answer |
| * **What:** would it look like to do **100%** of the opposite of the behaviors your anxiety wanted you to do for each behavior listed? | * **List below:** 100% opposite actions for each behavior/thing your anxiety wanted you to do |
| Opposite of 1: Answer |
| Opposite of 2: Answer |
| Opposite of 3: Answer |
| Opposite of 4: Answer |
| Opposite of 5: Answer |
| Opposite of 6: Answer |
| * **What:** would it look like to do **50%** of the opposite of the behaviors your anxiety wanted you to do for each behavior listed? | * **List below:** 50% opposite actions for each behavior/thing your anxiety wanted you to do |
| Opposite of 1: Answer |
| Opposite of 2: Answer |
| Opposite of 3: Answer |
| Opposite of 4: Answer |
| Opposite of 5: Answer |
| Opposite of 6: Answer |
| * **Next** time this or a similar situation happens, pick one 100% opposite action you will commit to and two 50% opposite actions you will commit to. | 100% Opposite:  Answer |
| 50% Opposite:  Answer |
| 50% Opposite:  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 |



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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.**

**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 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. |



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



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| --- | --- |
| **C: Maladaptive Behaviors** | **Pick only 1 maladaptive behavior you believe you engaged in the most. Next, 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 Belief 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 Belief 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 Belief 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 Belief is true. | Enter rumination behaviors here. |



**Neutralizing Beliefs *Long*-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 identify 3 out of 5 of your top beliefs you feel were triggered during this situation. You will then identify which belief you think is impacting you the most. |



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| **Neutralizing Beliefs Questions** | **Answers** |
| 1. Based on how you felt during this situation, which of your top 5 beliefs was triggered during this situation. | **Absolute Belief #1:** |
| Answer |
| 1. Based on how you felt during this situation, which of your top 5 beliefs was triggered during this situation. | **Absolute Belief #2:** |
| Answer |
| 1. Based on how you felt during this situation, which of your top 5 beliefs was triggered during this situation. | **Absolute Belief #3:** |
| Answer |
| 1. Which absolute belief felt most right?   (Emotional Guess Not Analytical Guess) | Answer |
| 1. Is it possible that your belief could be true in this situation? | Answer |
| 1. Is it possible that your belief could not be true in this situation? | Answer |
| 1. During this situation, were you able to definitively know if your belief was true or not? | Answer |
| 1. **Neutralizing Scary Beliefs:**Next, make a statement that highlights the possibility that your Belief could be true and also not true. Finally, end your phrase with the statement ***“ I don’t know”*** | Neutralizing Statement |



**Opposite Action *Long*-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. |



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| **Opposite Action Questions** | **Answers** |
| * **Specifically:** what behaviors did my anxiety want me to do because of what I thought I knew? | * **List below:** As many behaviors/things as you can possibly think of that your anxiety wanted you to do during this situation. |
| 1: Answer |
| 2: Answer |
| 3: Answer |
| 4: Answer |
| 5: Answer |
| 6: Answer |
| * **What:** would it look like to do **100%** of the opposite of the behaviors your anxiety wanted you to do for each behavior listed? | * **List below:** 100% opposite actions for each behavior/thing your anxiety wanted you to do |
| Opposite of 1: Answer |
| Opposite of 2: Answer |
| Opposite of 3: Answer |
| Opposite of 4: Answer |
| Opposite of 5: Answer |
| Opposite of 6: Answer |
| * **What:** would it look like to do **50%** of the opposite of the behaviors your anxiety wanted you to do for each behavior listed? | * **List below:** 50% opposite actions for each behavior/thing your anxiety wanted you to do |
| Opposite of 1: Answer |
| Opposite of 2: Answer |
| Opposite of 3: Answer |
| Opposite of 4: Answer |
| Opposite of 5: Answer |
| Opposite of 6: Answer |
| * **Next** time this or a similar situation happens, pick one 100% opposite action you will commit to and two 50% opposite actions you will commit to. | 100% Opposite:  Answer |
| 50% Opposite:  Answer |
| 50% Opposite:  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 |



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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.**

**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 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** | **Pick only 1 maladaptive behavior you believe you engaged in the most. Next, 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 Belief 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 Belief 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 Belief 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 Belief is true. | Enter rumination behaviors here. |



**Neutralizing Beliefs *Long*-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 identify 3 out of 5 of your top beliefs you feel were triggered during this situation. You will then identify which belief you think is impacting you the most. |



|  |  |
| --- | --- |
| **Neutralizing Beliefs Questions** | **Answers** |
| 1. Based on how you felt during this situation, which of your top 5 beliefs was triggered during this situation. | **Absolute Belief #1:** |
| Answer |
| 1. Based on how you felt during this situation, which of your top 5 beliefs was triggered during this situation. | **Absolute Belief #2:** |
| Answer |
| 1. Based on how you felt during this situation, which of your top 5 beliefs was triggered during this situation. | **Absolute Belief #3:** |
| Answer |
| 1. Which absolute belief felt most right?   (Emotional Guess Not Analytical Guess) | Answer |
| 1. Is it possible that your belief could be true in this situation? | Answer |
| 1. Is it possible that your belief could not be true in this situation? | Answer |
| 1. During this situation, were you able to definitively know if your belief was true or not? | Answer |
| 1. **Neutralizing Scary Beliefs:**Next, make a statement that highlights the possibility that your Belief could be true and also not true. Finally, end your phrase with the statement ***“ I don’t know”*** | Neutralizing Statement |



**Opposite Action *Long*-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. |



|  |  |
| --- | --- |
| **Opposite Action Questions** | **Answers** |
| * **Specifically:** what behaviors did my anxiety want me to do because of what I thought I knew? | * **List below:** As many behaviors/things as you can possibly think of that your anxiety wanted you to do during this situation. |
| 1: Answer |
| 2: Answer |
| 3: Answer |
| 4: Answer |
| 5: Answer |
| 6: Answer |
| * **What:** would it look like to do **100%** of the opposite of the behaviors your anxiety wanted you to do for each behavior listed? | * **List below:** 100% opposite actions for each behavior/thing your anxiety wanted you to do |
| Opposite of 1: Answer |
| Opposite of 2: Answer |
| Opposite of 3: Answer |
| Opposite of 4: Answer |
| Opposite of 5: Answer |
| Opposite of 6: Answer |
| * **What:** would it look like to do **50%** of the opposite of the behaviors your anxiety wanted you to do for each behavior listed? | * **List below:** 50% opposite actions for each behavior/thing your anxiety wanted you to do |
| Opposite of 1: Answer |
| Opposite of 2: Answer |
| Opposite of 3: Answer |
| Opposite of 4: Answer |
| Opposite of 5: Answer |
| Opposite of 6: Answer |
| * **Next** time this or a similar situation happens, pick one 100% opposite action you will commit to and two 50% opposite actions you will commit to. | 100% Opposite:  Answer |
| 50% Opposite:  Answer |
| 50% Opposite:  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 |



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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.**

**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 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** | **Pick only 1 maladaptive behavior you believe you engaged in the most. Next, 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 Belief 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 Belief 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 Belief 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 Belief is true. | Enter rumination behaviors here. |



**Neutralizing Beliefs *Long*-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 identify 3 out of 5 of your top beliefs you feel were triggered during this situation. You will then identify which belief you think is impacting you the most. |



|  |  |
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| **Neutralizing Beliefs Questions** | **Answers** |
| 1. Based on how you felt during this situation, which of your top 5 beliefs was triggered during this situation. | **Absolute Belief #1:** |
| Answer |
| 1. Based on how you felt during this situation, which of your top 5 beliefs was triggered during this situation. | **Absolute Belief #2:** |
| Answer |
| 1. Based on how you felt during this situation, which of your top 5 beliefs was triggered during this situation. | **Absolute Belief #3:** |
| Answer |
| 1. Which absolute belief felt most right?   (Emotional Guess Not Analytical Guess) | Answer |
| 1. Is it possible that your belief could be true in this situation? | Answer |
| 1. Is it possible that your belief could not be true in this situation? | Answer |
| 1. During this situation, were you able to definitively know if your belief was true or not? | Answer |
| 1. **Neutralizing Scary Beliefs:**Next, make a statement that highlights the possibility that your Belief could be true and also not true. Finally, end your phrase with the statement ***“ I don’t know”*** | Neutralizing Statement |



**Opposite Action *Long*-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. |



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| **Opposite Action Questions** | **Answers** |
| * **Specifically:** what behaviors did my anxiety want me to do because of what I thought I knew? | * **List below:** As many behaviors/things as you can possibly think of that your anxiety wanted you to do during this situation. |
| 1: Answer |
| 2: Answer |
| 3: Answer |
| 4: Answer |
| 5: Answer |
| 6: Answer |
| * **What:** would it look like to do **100%** of the opposite of the behaviors your anxiety wanted you to do for each behavior listed? | * **List below:** 100% opposite actions for each behavior/thing your anxiety wanted you to do |
| Opposite of 1: Answer |
| Opposite of 2: Answer |
| Opposite of 3: Answer |
| Opposite of 4: Answer |
| Opposite of 5: Answer |
| Opposite of 6: Answer |
| * **What:** would it look like to do **50%** of the opposite of the behaviors your anxiety wanted you to do for each behavior listed? | * **List below:** 50% opposite actions for each behavior/thing your anxiety wanted you to do |
| Opposite of 1: Answer |
| Opposite of 2: Answer |
| Opposite of 3: Answer |
| Opposite of 4: Answer |
| Opposite of 5: Answer |
| Opposite of 6: Answer |
| * **Next** time this or a similar situation happens, pick one 100% opposite action you will commit to and two 50% opposite actions you will commit to. | 100% Opposite:  Answer |
| 50% Opposite:  Answer |
| 50% Opposite:  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 |



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



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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.**

**Documenting Anxious Situations: Activity Day 5**

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| **Instructions:** **A**: Finally, you will document below all your identified situations used for your homework tracking. B: you will then rate/guess how distressing each situation was to you on a distress scale of 0-10, 0=not distressing at all, 10=absolutely distressing. Documenting these situations will help you and Dr. Nabors create exposures later in the treatment program. |



|  |  |  |
| --- | --- | --- |
| **A:** Situation: | | **B:** Distress Level  0 = Not Distressing: 10 = Absolutely Distressing |
|  | Situation. | Enter # |
|  | Situation. | Enter # |
|  | Situation. | Enter # |
|  | Situation. | Enter # |



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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.**