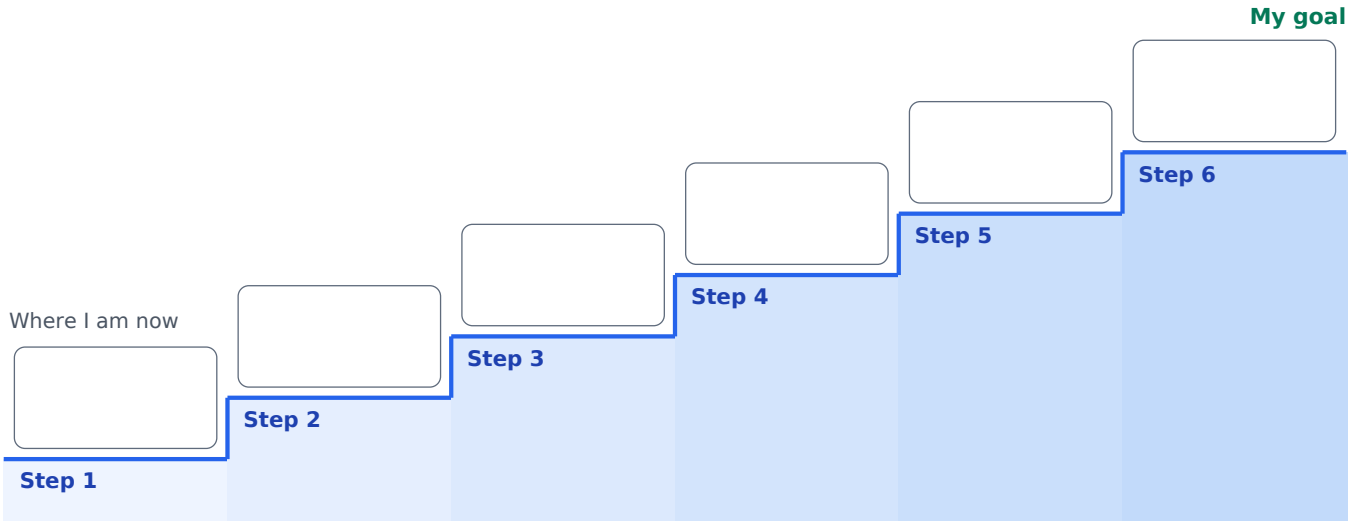
Going out again: my step plan

A ladder of steps back into the places you have been avoiding, with a weekly record.

Name _____ Date _____

Where I want to be able to go, or what I want to be able to do



Make each step a bit harder than the last. You can change one thing at a time: how far, how long, how busy, and whether someone is with you.

Date	Step	What I predicted	Anxiety at peak (0 to 100)	What happened

Practise each step several times before moving up. Stay until you have found out what you needed to know.

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