

Exposure Therapy Worksheet

Exposure therapy is a psychological treatment that helps individuals confront their fears in a safe and controlled environment. By gradually exposing oneself to the feared object, situation, or thought, one can reduce anxiety and learn that their fear is manageable.

Types of Exposure Therapy

In Vivo Exposure:

- Involves directly facing a feared object, situation, or activity in real life.
- Example: Approaching a dog if you have a fear of dogs.

Imaginal Exposure:

- Involves vividly imagining the feared object, situation, or thought.
- Example: Visualizing speaking in front of a large audience if you have a fear of public speaking.

Interoceptive Exposure:

- Involves deliberately bringing on physical sensations that are harmless but feared.
- Example: Spinning in a chair to induce dizziness if you have a fear of dizziness.

Virtual Reality Exposure:

- Involves using virtual reality technology to simulate exposure to feared objects or situations.
- Example: Using VR to simulate flying for those who fear flying.

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Steps involved in exposure therapy:

1. Identifying the feared object, situation, or thought.

2. Ranking feared situations from least to most anxiety-provoking.

Example:

- *Mild: Looking at a picture of a spider.*
- *Moderate: Watching a video of a spider.*
- *Severe: Holding a live spider.*

3. Starting with the least feared situation and gradually working up the hierarchy.

Example: Begin by looking at pictures, then videos, and finally approaching a live spider.

4. Practicing exposure repeatedly until the fear diminishes.

Example: Repeatedly exposing oneself to the spider until anxiety decreases.