

Facing-up to stressful situations form (For use with audio programme¹)

Use this form to help plan how you will face-up to stressful situations in a stepped and manageable way. These will be the situations that are difficult for you, where you experience a combination of dread, fear, anxiety, tension, wobbliness, nausea, and more. You'll likely do what you can to avoid these situations.

Use this form to plan to face up to the situations that are not actually dangerous or threatening but you feel they are. Most other people don't experience anywhere like the degree of fear that you do when in these situations.

Using the form below, generate 5-10 steps that lead from your current position to your goal. Ensure each step is:

- Small: Only a small step up from the previous (only a little more challenging)
- Clear: you can describe exactly what you will be doing and know when you have done it.
- Relevant: linked to your goal.

To help fast-track learning for each step, make notes on:

- What you expect will happen based on you fears?
- What would you expect to happen if you were more confident? Or what someone else would predict?
- Then, after you've faced-up to the situation, note what happened. For instance, was it:
 - What you feared?
 - That you were challenged, but you coped with the difficult situation anyway so it didn't derail your whole experience?
 - Or, that things went more smoothly than expected?
- Then decide if you need to modify the next step or repeat this step again and when you'll do it

Predicting and learning from each step

Prediction based on my fears: _____

An alternative, more confident prediction: _____

Description of what I will do (the step): _____

What happened and learning: _____

My next step (repeat step or tackle a more challenging situation):

¹ Stress management programme found at www.StressCDs.co.uk or www.StressDownloads.co.uk

Planning the steps

Goal: What I want to do _____



Step 7: _____

Step 6: _____

Step 5: _____

Step 4: _____

Step 3: _____

Step 2: _____

Step 1: _____

Current position: What I currently do _____

Predicting and learning from each step

Prediction based on my fears: _____

An alternative, more confident prediction: _____

Description of what I will do (the step): _____

What happened and learning: _____

My next step (repeat step or tackle a more challenging situation):
