

Questions to Reflect on after an Exposure Activity



- 1** What about the activity went better than you expected?
- 2** What did you learn about your worry/fear?
- 3** What was hard about the activity?
- 4** Did your anxiety feelings change from before to after completing the activity?
How so?
- 5** Did the activity get easier when you kept going?
- 6** Did the outcome you were afraid of happen?
You might have thought it was going to happen but you were able to do it anyways!
- 7** Were there any good/fun things that happened because you did this exposure activity?