

Exposure Intervention Worksheet

By Reji Mathew, PhD



Exposure intervention techniques are a powerful set of cognitive behavioral interventions that equip patients with tangible strategies for working through disabling fear. Rehab patients may experience anxiety blocks during acute rehabilitation or while re-establishing functional activities. The basic concept behind exposure interventions is to engage with an anxiety-producing circumstance for a long enough time to increase your tolerance of anxiety, and thereby decrease the intensity of your emotional reaction. When you can tolerate anxiety better, you will be less likely to fall into anxiety/avoidance patterns.

Goal: _____

Identify all the steps that can be taken in working toward your anxiety-provoking goal. Steps can include thinking about a subject, doing research, implementing a behavior, asking for help, etc. Start with a low-anxiety step and lead up to higher levels of anxiety. Also, rate the level of anxiety you believe you will feel for each step.

(Step)	Anxiety Level (1-10)
1. _____	_____
2. _____	_____
3. _____	_____
4. _____	_____
5. _____	_____
6. _____	_____
7. _____	_____
8. _____	_____
9. _____	_____
10. _____	_____

Coping Tool Kit:
(Breathing, Positive Self Talk, Relaxation)

1. _____
2. _____
3. _____
4. _____
5. _____

For more information on exposure intervention:

- Beck Institute for Cognitive Therapy and Research: www.beckinstitute.org
- National Association of Cognitive Behavioral Therapy Association: www.nacbt.org
- Cognitive Therapy: Basics and Beyond, by Judith Beck, PhD (The Guilford Press, 1995)
- Anxiety and Phobia Workbook, by Edmond J. Bourne (New Harbinger Publications, 2000)

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