

Living Life Beyond the Comfort Zone (Exposure Log) Worksheet

Step Outside of Comfort Zone (activities, things, places, and people)	Anxiety (0 - 100)	Valued Direction (that this step is about)	How do I want to act with this step? (If I acted on my value)	Experiences to struggle with Feelings, thoughts, sensations, urges	Mind tricks/stories about these experiences	My Willingness to have experiences AND take the step?	What did you notice when you took the Step?