

“Mining for Gold” Worksheet

Date: _____

1) Choose an activity or situation that is a really good trigger for you.

Some tips:

- Think of a recent panic experience – or an experience of high anxiety – and the activity or situation that might have triggered it.
- Think of something really scary that you’ve been avoiding.

2) Imagine the scene

Close your eyes and imagine the activity or situation.

Picture the scene as vividly as you can.

Imagine now that panic is getting triggered, and you are hitting a 9 or 10.

3) Begin Mining for Gold:

At that moment, what are you most afraid of happening?

Be as specific as you can.

4) Drill Down:

Now, if what you just wrote really happened, what would be bad, or scary, or embarrassing about it?

What bad thing could happen next?

5) Drill Deeper:

And what is the worst thing that could happen next?

What would be bad about that?

6) And Even Deeper:

And if that really happened, what bad thing could happen next?
What what would be bad about that?

7) And One More Time:

And if that really happened, what bad thing could happen next?
And what would be bad about that?