

Planned Outing to Work on a Feared Outcome

Date: _____

What is the “feared outcome” you are testing out? What would an observer see if the feared outcome came true?

What specifically will you do during this outing?

Will you be free of safety crutches during this outing? _____

To make even more progress, would you like to add a sensation to the outing? This could be a sensation exercise or sensations that could be available during the outing.

During the outing, remember “A” for Allow and “C” for Curious observer.

You can also add “T” for Truth: panic is very scary, but it’s not dangerous.

And “S” for Success.