

### EXPOSURE MODEL – FLOODING

*This may take an hour or more, or it may only take a few minutes. We're all different. The key is not to try to avoid the anxiety, distract yourself, or calm yourself down. Instead, try to freak out and see if you can bring your anxiety all the way up to 100. You'll discover that over time, it will diminish and disappear on its own, and then you'll have defeated your fears!*

*It takes guts, and it can feel incredibly uncomfortable – even terrifying – but it's one of the most powerful anti-anxiety, anti-magnification techniques of all.*

**Directions:** Close your eyes and visualize something you fear, making yourself as anxious as possible. Every couple of minutes in the second column, record the time in the first column, and then record how anxious you are on a scale from 0 (not at all) to 100 (the worst imaginable panic). In the third column, describe the frightening image, picture or fantasies in your mind, and in the fourth column, record your negative thoughts.

Try to make yourself as anxious as possible for as long as possible. Do not try to control or avoid the anxiety. Instead, try to intensify it. Eventually it will diminish and disappear completely. You can do the exposure all at once (flooding) or in 10 to 20 minutes periods over a period of days (gradual exposure.)

| TIME:<br>Every 2 or 3 minutes | Anxiety<br>0-100% | Frightening Images/Fantasies | Frightening<br>Negative Thoughts |
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