

Chart 6: Preparing to Practice*		
Event:	Date:	Length of practice:
What I will practice: <input type="checkbox"/> choose to get anxious on purpose <input type="checkbox"/> encourage symptoms to get stronger <input type="checkbox"/> stay anxious <input type="checkbox"/> let go of worries about consequences <input type="checkbox"/> let go of safety crutches <input type="checkbox"/> create physical sensations <input type="checkbox"/> repeat fearful thoughts	How I will change safety crutches:	
	How I will create symptoms:	
	Fearful thoughts I will repeat:	

* Make copies of this chart.