Graduated Exposure

Graduated exposure typically involves breaking down a fear, or a situation which makes you feel worried into smaller steps, these smaller steps should start with situations that are less scary, and slowly building up to facing things that cause a greater level of anxiety.

For example, if you have a fear of water, you <u>would</u> start by putting your legs in the water, then the whole body, then moving about in the water in a swimming pool, then doing the same in a bigger or deeper pool, before trying the same in the sea.

In terms of the specific process, it is about:

Identifying and taking that initial step- something that causes anxiety but is not the main situation that is causing the high level of worry. Face the situation until fear reduces by at least 50% Repeat 3-4 times a week When you no longer feel anxious, move on to next rung of the ladder

This process is not always linear, and sometimes we must go back a step or 2 to rebuild confidence before moving on again.

