

BUILDING CONFIDENCE IN SOCIAL SITUATIONS **PART 2 HANDOUT**

EXAMPLE OF GRADED EXPOSURE

CASE STUDY

- Luc is worried about giving a presentation at university.
- Luc is also worried about asking and answering questions during seminars.
- He is worried that if he doesn't get over his fears, he will be not pass his course.
- Goal: To be able to give presentations and participate in seminars at university.

Luc's Fear Ladder:

10	Giving the prepared presentation at university and participating in seminars	100
9	Giving the prepared presentation at university	90
8	Asking and answering questions during seminars	80
7	Answering questions during seminars	75
6	Asking questions during seminars	70
5	Asking the lecturer a question after the seminar with a few students present	60
4	Giving an abridged version of the presentation to a few fellow students or tutor and having them ask questions	50
3	Making a comment during a seminar	50
2	Giving a prepared presentation in the lecture hall or meeting room in library after lecture with a close friend	25
1	Giving a prepared presentation in the lecture hall or meeting room in library after lecture with no one present	10

CREATING YOUR OWN FEAR EXPOSURE LADDER

- STEP 1: Write down your goal related to a social situation.
- STEP 2: Create your own list of anxiety triggers or a list of similar situations which provoke varying levels of anxiety.
- STEP 3: Give each task a percentage.
- STEP 4: Rank the tasks from lowest to highest.
- STEP 5: Pick a low level anxiety inducing task to practice first then work way up the ladder.

GRADING LEVEL OF DIFFICULTY

- 100% SEVERE HIGH ANXIETY I feel panicky and can't stand being in this situation
- 80 % HIGH ANXIETY I notice my breathing is rapid, and my is heart racing
- 60 % MEDIUM Uncomfortable and would rather not be in this situation
- 30 % LOW Mild anxiety I feel uptight and tense but I can manage this
- 10 % VERY LOW I have mild discomfort but I cope with task

BREAK THE GOAL INTO SMALLER STEPS

- Who is with you?
- What is expected of you?
- Where will you carry it out?
- When will you do it?
- How long for?

10		
9		
8		
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2		
1		