



Therapy Unit 5: Decision Making

Worksheet 5.5b. Reconsidering avoidance and safety behaviours

I want to tentatively let go of or reduce the following behaviour (e.g. take off my sunglasses, leave the house more often):

What do I fear if I refrain from the safety behaviour? What could happen at the worst?

Pros (What are the advantages of reducing the safety behaviour?)

Cons (What are the disadvantages of reducing the safety behaviour?)

After the exercise: Did my fears come true? If not, how do I explain this? What conclusion can I make?