

Activity Chart

Write down your plan to practice psychological flexibility skills during and after the exposure. Then note what you learned.

1. Mind's Prediction During and After the Exposure	
2. Core Fear I'll Imagine during the Exposure	

How will I Respond?

4. Be Open	
<ul style="list-style-type: none"> • Adopt a willingness stance. Where is my willingness before the exposure? How long can I do the exposure? 	
<ul style="list-style-type: none"> • Acknowledge my internal experiences 	
<ul style="list-style-type: none"> • Allow my internal experiences 	
5. Be Aware	
<ul style="list-style-type: none"> • Advance to the present moment 	
<ul style="list-style-type: none"> • Access my observing-self perspective and remember my self-compassion mantra 	
6. Be Actively Engaged in What Matters Most	
7. Note What I Learned	