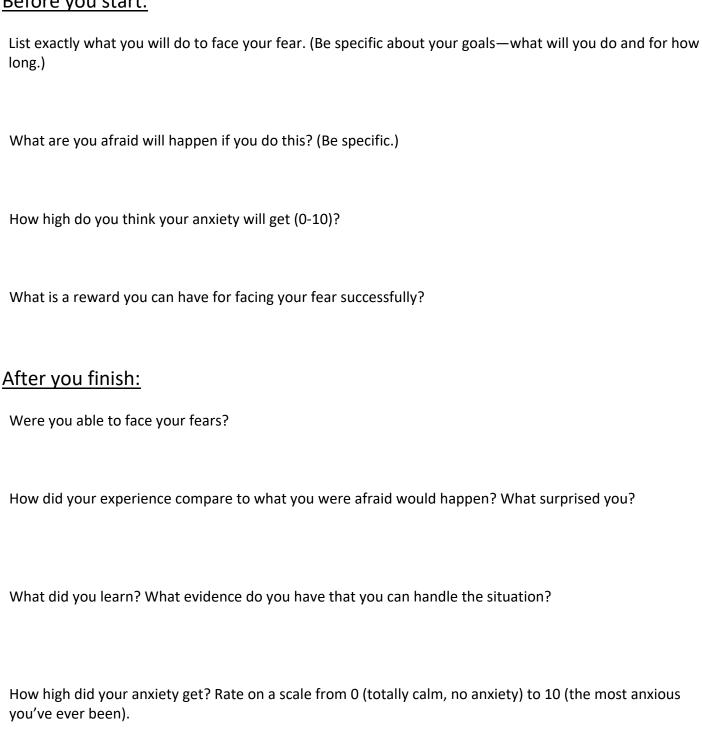
Doing Brave Practice Worksheet

Brave practice means facing fears to overcome them. Being afraid, anxious or worried when it is not dangerous can get in the way. When you face fears on purpose, you learn 1) your worst fears are not likely to happen, 2) they aren't as bad as you expected, or 3) you can handle it. Avoiding fears makes them grow, but facing fears shrinks them.

Before you start:



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Date	/	/	/	/	/	/	/
What I will							
practice:							
My reward for							
practicing:							
Highest anxiety							
rating							
(0-10)							
What did you							
notice?							
A + + - - - - - -	the construction						
At the end of	the week, please r	ate now much you					
on a scale from 0 (not at all) to 10 (extremely): Youth rating: Parent/caregiver rating (about youth's life):							

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