

What is “Exposure” or “Brave Practice”?

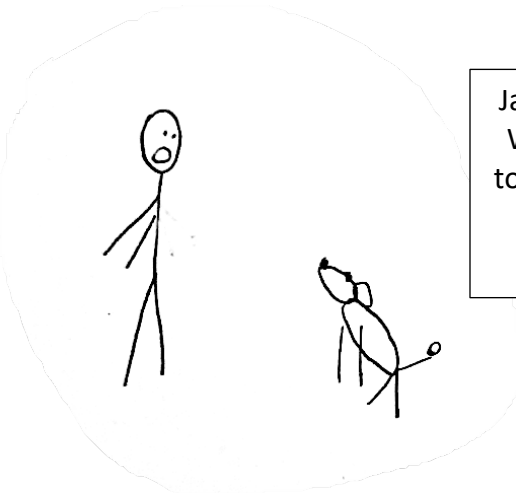
Exposure is a fancy word for facing our fears to turn down our anxiety. Some people call this “brave practice.”

To make things feel less dangerous, we just need **new experiences** to teach our brain and body we aren’t actually in great danger.

When we face our fears we learn:

- * the bad thing we expect doesn’t actually happen!
- * the bad thing isn’t as bad as we thought
- OR...
- * we handle it better than we thought we would.

That’s it.
That’s brave practice.



Jayden is tired of only playing inside. With his dad’s help, Jayden decides to try facing his fear to get over it. He makes a plan to spend some time with the neighbor’s dog...

How it works

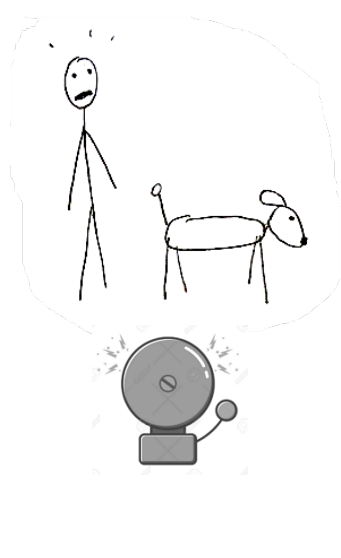
The more times we face our fear and it turns out ok, the more our brain and body will settle down. The fear alarm gets quieter.

Watch what happens to Jayden's fear alarm when he spends a little time with the dog every day for a week.

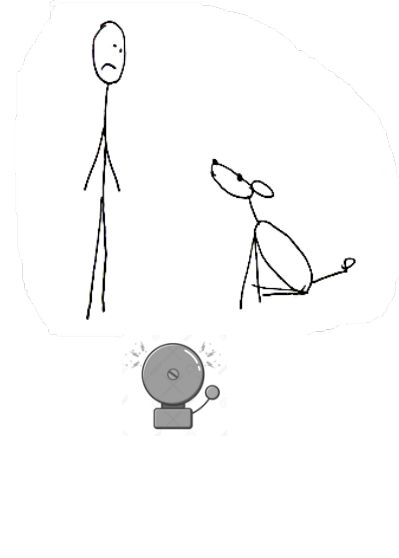
Monday



Tuesday



Wednesday



Thursday



Friday

