

Exposure Therapy

What is Exposure therapy?

Exposure therapy is a psychological treatment designed to **help people confront their fears in an attempt to break patterns of avoidance that get in the way of their lives.** In this form of therapy, the professional creates a safe space in which to ‘expose’ people to the things they fear or avoid. Exposure can help reduce fear and decreases avoidance over time.

Exposure therapy can be helpful for those who suffer from many problems, including: phobias, panic disorder, social anxiety disorder, obsessive-compulsive disorder, posttraumatic stress disorder, generalized anxiety disorder, and more.

Exposure Hierarchy Ladder Activity

- Create a list of feared activities, with the least-feared items at the bottom, and most feared at the top, writing down your anticipated anxiety at each level.
- From there, you start at a less difficult activity and stay in the activity to prove to yourself that you can withstand anxiety even if it makes you feel uncomfortable.
- After successfully completing one ladder rung, reward yourself and continue on to the next step! Repeat often in order to practice facing fears, with lots of variety so that you learn to face fears in all the ways you may encounter those fears later.

Want to learn more?

Visit [this website](#) for more information on exposure therapy.