

Debriefing After the Exposure

7. Did you achieve your goal? (*Watch out for Disqualifying the Positive!*)
8. Review the ATs you had during the exposure.

Expected ATs (*The ATs you had that you expected to have*)

How well did the Rational Response(s) combat these ATs? (*Revise if necessary*)

Unexpected ATs (*Challenge and develop Rational Responses for these for next time*)

9. What did you learn? (*Summarize 1–2 main points you learned from this exposure that you can use in the future.*)

**Remember, you are
Investing Anxiety for a Calmer Future**