

Goal Setting Sheet

Use a blank sheet of paper to brainstorm some of the fears you want to overcome.

Think about what you fear happening in social situations, and also about what safety behaviours you use, and what safety behaviours it might be helpful to work on using less.

Choose a specific fear or safety behaviour you want to work on between now and the next goal setting session.

I want to work on...

How would you feel if you overcame this fear? What would being free from it mean for you and your life?

I would feel...

It would mean...

What are some in-between steps you could take to build up to facing it?

It is good to face fears in steps that feel a little challenging but manageable, rather than easy or overwhelming. You may find facing your fear more difficult than you anticipated or facing it may already feel too overwhelming, so think of some in-between steps that might be manageable. If facing your fear seems very easy then consider choosing something slightly more challenging.

Some in-between steps I could take are...

Write down the first step you will take.

Make sure that it is something you feel you can accomplish, even if that means choosing a very small step to begin with.

I will start by...

Write down what resources or opportunities exist to help you face this fear.

It will be helpful to face your fear multiple times over the next few days or weeks so, if possible, it is good to think of more than one opportunity where you can face your fear. Opportunities might be plentiful for some fears, but scarce for others. Think about what opportunities you could create if there are not ones readily available.

My resources and opportunities are...

How will you work on changing your thinking habits?

It is important to work on forming alternatives to the thinking habits that contribute to your anxiety. Doing so will help you benefit from the process of facing your fears and make it easier.

I will work on my thinking habits by...

What problems might you encounter while trying to face your fear?

This might be practical difficulties, unexpected things happening in a situation, or other things.

The problems I might encounter are...

How might you overcome or prepare for these problems?

Knowing about them might be preparation enough, but if necessary, write a brief plan of action. It may be that you need to work on another fear first before you can overcome this one.

I will overcome these problems by...

Read the statement and commit to working on this fear by signing your name.

I will work on this fear between now and the next goal setting session. If I do not manage to work on this fear, I will not be hard on myself, but rather give myself the support and encouragement I need to recommit and try again. I recognise that any problems I may encounter along the way provide an opportunity and show me where I can make changes so I can overcome this fear and move my life forward.

Signed..... **Date**.....