



Habituatio



What is 'habituation'? Habituation is exposing yourself to something that may cause you stress or anxiety. We repeat the steps until we become more comfortable with exposing our selves with the end result of becoming calm or less anxious when we face the activity.

Example:

- Planning the bus routes.
- Stop at the bus stop and check the timetable.
- Sitting at the bus stop for a while.
- Getting on the bus for one stop standing with a friend.
- Getting on the bus for another stop sitting and see how long can stay being comfortable with a friend.
- Getting on the bus on your own for an extended amount of time.

Repeat each action until you become comfortable to take the next step.

A way to help over come this is by understanding how it makes you feel. Write down what the thing is that is making you anxious and rate this on a scale (1= low 10= high). Next, write down that outcome that you would expect to happen then rate this thought on how much it makes you feel uncomfortable. This will help us understand if the activity itself causes you discomfort or if it is the thoughts that accompany it.

Step 1

What is the activity	How do you rate this (1-10)	What do you think the outcome would be	How would you rate this (1-10)
Getting on the bus	6	It will be busy and I wont be able to get off and have a panic attack	10

Step 2

Consider what you need to put in place for yourself. After this has been done, make a rough plan for the activity:

When is the best time to start

Who can help me

Location

Action plan:

Other tools: