**Journal Exercise: Facing the Current Situation**

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| **What have I tried in an attempt to avoid, eliminate, or control my unwanted internal response?**  (*e.g., I don’t attend parties because I am anxious when meeting new people*) | **What have these strategies prevented me from doing?**  (*e.g., I have missed out on several opportunities to see close friends, I haven’t made any new friends, I’m lonely)* |
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