

## Esposizione in Immaginazione

Stesso approccio che in vivo: razionale, conseguenze temute, legate ai valori

Esposizione in immaginazione primaria: esposizione a pensieri che evocano la paura scatenata da materiale verbale scritto o registrato

Esposizione in immaginazione secondaria: visualizzazione delle conseguenze temute per non eseguire rituali

Esposizione preliminare: immaginazione del contatto con stimoli temuti prima di impegnarsi nell'esposizione in vivo

## Esposizione Enteroceettiva

Partire da sensazioni fisiche che provocano meno disagio fino a quelle più spaventose.

Esposizione enteroceettiva primaria: le sensazioni corporee temute vengono deliberatamente provocate e mantenute ripetutamente durante la seduta di terapia e per i compiti a casa

Esposizione enteroceettiva secondaria - che provoca sensazioni temute contattando altri fattori scatenanti che vengono evitati perché innescano sensazioni.

## Esposizione a situazioni in Vivo

Ogni item della gerarchia deve essere connesso a qualche situazione temuta (e connesso a un aspetto di valore).

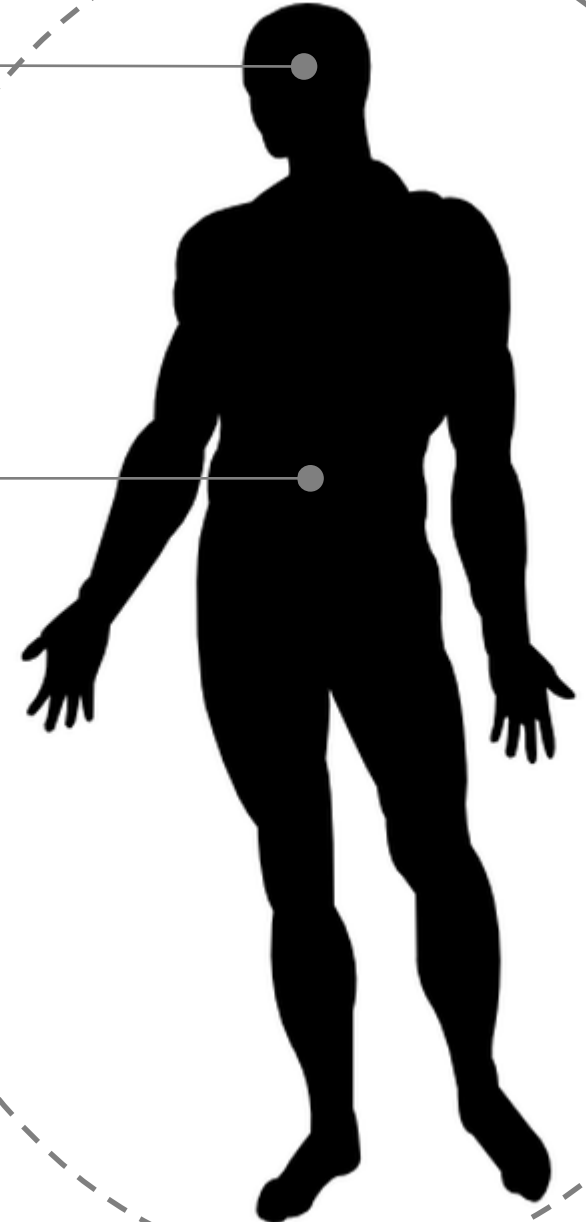
Scegliere item che rappresentano un livello di rischio accettabile.

Usa un approccio graduale che inizia con item che rappresentano un livello di disagio moderato. Tuttavia, inserisci anche la peggiore paura nella gerarchia.

Rendi probabili sedute di esposizione fuori dallo studio.

Utile specificare gli item della gerarchia più in dettaglio.

Comfort Zone



# Conducting a Functional Behavioural Assessment

Gain the client's **problem list**.

**Background and medical history** [including history of psychological therapies for problem]

## **Historical course of the problem and significant events**

Personal and family history of anxiety

Other events (e.g., media reports, illness outbreaks) that may have been possible triggers of the current problems

Present a rationale to the client on seeking to understand the way that anxiety controls and limits their choices and actions. Do this with **some recent examples**.

### **For each example (Antecedents – Behaviour – Consequences)**

What was happening when the episode began?

Was there a specific trigger? If so, what was it?

How long did the anxiety last?

What thoughts were going through your mind?

What did you do? [what did others do?]

Did you attempt to reduce anxiety or escape from the feared situation?

- What effect did these actions have on your anxiety, what happened next?

How did the situation finally resolve itself and how did you feel afterwards?

[how did others respond?] [what did this episode cost you in terms of “what matters”?]

## **Fear Cues**

External/ environmental situations and stimuli

Internal triggers: bodily signs, sensations

Intrusive thoughts, ideas, doubts, images and memories

## **Feared Consequences of Exposure to Fear Cues**

Overestimates of the likelihood and severity of danger

Intolerance of uncertainty

Beliefs about experiencing anxiety

## **Safety Seeking Behaviours**

Passive avoidance

Checking and reassurance seeking

Compulsive Rituals and brief/ covert / mental rituals

Safety signals

Beliefs about power of safety behaviours to prevent feared consequences

Provide client with rationale to engage in **self-monitoring**

*Adapted from Abramowitz, Deacon & Whiteside (2011). Exposure therapy for anxiety: Principles & practice. Guilford Press.*

## EXERCISE: Noticing Your Own Unwillingness

In your struggle with anxiety what have you noticed about your life - have the efforts to control and stop your unwanted experiences allowed you to be free of fear? Or have they ended up making it worse?

*Think back over the past few weeks to moments where you have experienced strong fear and anxiety. Consider what happened before this emotion: what was the triggering event? Then, what happened after? Did you find yourself engaging in unhelpful avoidance that took you away from what is important to you? Or did you use your Open, Aware and Active skills to stay on track with your values? It would help to reflect on several situations where you experienced fear, anxiety or worry.*

**What was the situation?**

**What were your Responses (emotions, thoughts, sensations, urges)? How willing were you to experience fear and anxiety (0 - not at all, through to 10, completely willing)?**

**What did you do? Did this move you away from your Values (Avoidance) or towards your Values?**

# Noticing and Evaluating Worksheet

When you try out something new, we'd like you to take some time to make a note of how it went. Make a record of how you felt before you did the activity and then how you felt afterwards. Just give a rough estimate – it doesn't have to be perfect.

Date	Situation	How did you feel before?	New behaviour	How did you feel after?

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# Come fare un'esposizione basata sull'ACT

- Preparati a sentirti a disagio
- Entra in contatto con ciò che è importante per te
- Scegli di essere aperto all'esperienza: osserva e sii presente
- Non usare comportamenti di sicurezza, durante o dopo l'esposizione
- Sii curioso riguardo alle conseguenze di stare in contatto con il disagio
- Stai nella situazione di esposizione abbastanza a lungo da scoprire qualcosa di nuovo
- Ripeti le esposizioni
- Pratica l'esposizione in diversi posti, momenti e situazioni

*Adapted from Abramowitz, Deacon & Whiteside (2011). Exposure therapy for anxiety: Principles & practice. Guilford Press.*

# EXERCISE: What Parts of Your Life Have Been Made Smaller Because of Anxiety?

In this exercise reflect on the areas of your life, and how they currently are due to the struggle. Reflect on each Life area in turn before then going on to describe how you would like it to be. When you describe how you would like it to be, write as though there are no barriers, as if you could effortlessly act like the person you really want to be.

<b>Life Domain</b>	<b>How it is, because of the struggle with anxiety</b>	<b>How I would like it to be, based on my valued directions</b>
<i>Intimate Relationship</i>		
<i>My Health</i>		
<i>Work</i>		
<i>Leisure time</i>		
<i>Family relationships</i>		
<i>Friendships</i>		

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## Preparazione

Di che cosa ho paura? (a che cosa ho bisogno di espormi?)

Che cosa temo che accada? (che co'è il peggio che potrebbe accadere?)

Quanto è probabile che il risultato temuto si verifichi? (0-100%) \_\_\_\_\_

Quanto sarebbe grave se accadesse. (0-100%) \_\_\_\_\_

## Esposizione

Esponiti alla situazione temuta

Per tutto il tempo possibile

Sii aperto all'esperienza e:

- Non agire alcun comportamento di sicurezza
- Nota ed entra in contatto i con ciò che senti e provi

## Ciò che è accaduto e che ho imparato

Quale è stato l'esito dell'esposizione?

Che cosa ho imparato?

*Se dovessi rifare l'esposizione ora:*

Quanto era probabile che il risultato temuto si verificasse? (0-100%) \_\_\_\_\_

Quanto sarebbe dato grave se fosse accaduto. (0-100%) \_\_\_\_\_

## Living Life Beyond the Comfort Zone (Exposure Log) Worksheet

Step Outside of Comfort Zone (activities, things, places, and people)	Anxiety (0 - 10)	Valued Direction (that this step is about)	How do I want to act with this step? (If I acted on my value)	Experiences to struggle with Feelings, thoughts, sensations, urges	Mind tricks/ stories about these experiences	My Willingness to have experiences AND take the step?	What did you notice when you took the Step?

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# Making a Commitment Worksheet

***“I am here now, Open to the way I feel, Aware of my thoughts, Actively doing what I care about”***

<b>I am</b>	Notice if you are getting caught up with any unhelpful stories about yourself. Let go of these stories if they seem to be in the way of acting on your value.	
<b>Here Now</b>	Get in contact being Here Now - noticing you are breathing, what you are feeling in your body, where you are. Let go of distracting thoughts about things that are not in your present control.	
<b>Open</b>	Allow yourself to feel what you are feeling, without trying to control your emotions. Open up and be willing to have these emotions while doing what you care about.	Describe these feelings
<b>Aware</b>	Notice the thoughts that show up while you are doing what you care about. Let them float by if they are not part of what you are doing; let them come along for the ride if they are. They are experiences rather than guides.	List these thoughts
<b>Actively Doing</b>	Move your body to do the thing you planned	Describe the things you were going to do:          What will others see you doing?
<b>What I care about</b>	What direction are you choosing to step toward?	Describe this chosen life direction          What are you wanting to stand for, in this moment?

Adapted from DJ Moran's "Safety at Work" © Joe Oliver, Jon Hill & Eric Morris 2015 – 'ACTivate Your Life'

## CHE COSA E' IMPORTANTE PER ME?

Sto facendo questa attività per me difficile perché per me è importante:

Per fare ciò che è  
importante per me, sono  
disposto a fare spazio a  
pensieri ed emozioni  
difficili: SI/NO

Prevedo una difficoltà  
0 -10:

A pyramid diagram divided into five horizontal sections, intended for recording session data. The sections are empty, providing space for writing.

Per ciascuna sessione, scrivi l'attività e situazione, SI/NO per  
indicare se sei disponibile, e la difficoltà che prevedi da 0 a 10