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# Day 5: First Week Integration

**Today's Focus:** Reflect on progress and solidify your foundation

**Time Commitment:** 20 minutes

**Core Exercise:** Weekly Review and Comfort Zone Planning

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## Morning Check-in (2 minutes)

### *Daily Questions:*

- What am I avoiding today and what fear is driving it?
- What is one small step I can take toward a feared task?
- How can I show myself compassion around this challenge?

*Progress check:*

**Biggest insight from this week:** \_\_\_\_\_

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## First Week Review (10 minutes)

**Purpose:** Recognize growth and consolidate learning

## Day-by-Day Progress Check (5 minutes)

### *Day 1 - Fear Inventory:*

What fear surprised you most? \_\_\_\_\_

### *Day 2 - Self-Compassion:*

How has your self-talk changed? \_\_\_\_\_

### *Day 3 - Pattern Tracking:*

What patterns did you notice? \_\_\_\_\_

*Day 4 - Fear vs Reality:*

What fear proved less accurate than expected? \_\_\_\_\_

## Wins and Challenges Assessment (5 minutes)

*Small victories I've had this week:*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

*Strategies that worked best for me:*

- Daily check-ins: Helpful / Not helpful
- 5-minute timers: Helpful / Not helpful
- Self-compassion: Helpful / Not helpful
- Fear testing: Helpful / Not helpful

*Biggest challenge I'm still facing:*

\_\_\_\_\_

*What I need more support with:*

\_\_\_\_\_

\_\_\_\_\_

## Fear Exposure Ladder Creation (6 minutes)

**Purpose:** Create a systematic approach to facing fears

### Step 1: List Your Avoided Tasks (3 minutes)

Write 5-8 tasks you avoid, from easiest to hardest:

*Anxiety Level 1-3 (Mild):*

1. \_\_\_\_\_

2. \_\_\_\_\_

*Anxiety Level 4-6 (Moderate):*

3. \_\_\_\_\_

4. \_\_\_\_\_

*Anxiety Level 7-10 (High):*

5. \_\_\_\_\_

6. \_\_\_\_\_

## Step 2: Plan Your Exposure Strategy (3 minutes)

*This week, I'll focus on Level 1-3 tasks*

**Task I'll start with:** \_\_\_\_\_

*Specific steps I'll take:*

- Step 1: \_\_\_\_\_

- Step 2: \_\_\_\_\_

- Step 3: \_\_\_\_\_

**Timeline:** \_\_\_\_\_

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## Accountability Setup (1 minute)

*Who can I share my progress with?*

Name: \_\_\_\_\_

**When I'll check in with them:** \_\_\_\_\_

**What I'll share:** \_\_\_\_\_

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## Commitment for Next Week (1 minute)

*My commitment:*

- Continue daily check-ins
- Use the 5-minute timer daily
- Work on my Level 1-3 fear ladder items
- Track patterns when I notice them
- Practice self-compassion when I struggle

*One thing I'll do differently next week:*

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## Week 1 Completion Celebration

*How I'll celebrate completing my first week:*

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*Affirmation for moving forward:*

"I have the courage to face my fears one small step at a time. This week proved I can change."

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## Tomorrow's Preparation

Next week we'll dive deeper into automatic thoughts and begin building evidence against fear-based assumptions.

*Integration Thought:*

"Small consistent steps compound into significant change. I'm already transforming."

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