**Facing my Fear Example**

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| What am I worried about? Going back to work | | | | |
| What is it that I think is going to go wrong? I will get COVID-19 and pass it on to my loved ones and someone will die because of my actions. | | | | |
| Is my worry out of proportion? What are others doing in this situation? What advice would I give a friend? How is this fear stopping me from living as I want? The government have said it is ok to be at work with social distancing. Work have set up the office well. Other people are going back to work. I want to keep my job and I want to get back to the office to see my work mates. Even if someone gets it, it does not mean they will die | | | | |
| What is my end goal? To be going back into the office | | | | |
| What steps can I take to get to the end goal?   * Have a conversation with my line manger about a graded return * Go in just for a few hours * Go in for a morning * Go in and have lunch there * Do a full day * Go in as much as I need / am being asked to. | | | | |
| **Diary of my steps and learning** | | | | |
| Step / Date | Rate did your anxiety 0-10: | | | What did I learn? |
| Initially | Midway | After |
| 1 Monday | 7 | 5 | 2 | I know my boss is going to be supportive. |
| 2 Tuesday | 8 | 6 | 4 | I survived. It was nice to see people. |
| 2 Wednesday | 6 | 4 | 3 | I felt much calmer doing this again |
| 3 Thursday | 8 | 5 | 3 | A whole morning felt daunting, but it flew by. |
| 3 Friday | 5 | 4 | 2 | This is starting to feel normal. |
| 4 Monday | 7 | 6 | 3 | I felt uncomfortable eating at work, but I was carful with handwashing and everyone is respecting space. |
| 4 Tuesday | 6 | 4 | 2 | Lunch was better today. I’ve got a system of hand washing and we’ve got a system so we’re not all in the kitchen at once. |
| 5 Wednesday | 8 | 4 | 2 | First full day. Felt overwhelmed this morning but I soon got in the groove. |
| 5 Thursday | 5 | 3 | 2 | Nearly the weekend again and this is starting to feel ok. |
| 5 Friday | 3 | 2 | 1 | I feel I’ve got this. |

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