

PR PLAN™ WORKSHEET

FOR MANAGING ANXIETY & OVERCOMING AVOIDANCE

The most efficient way to transform excessive worry and bring it down to size is to use the PR Plan™. Take a situation you have been avoiding or one that takes lots of energy to deal with. Imagine you stopped avoiding it / or gave up using so much energy to deal with it. Now you are ready to use this worksheet.

DESCRIBE SITUATION: be specific about what you have been avoiding (e.g., a situation, behavior, conversation, person). Pick situations where strength of feeling is at least 6 or higher.

FEELING: _____ **RATE** strength of feeling (circle): 0 1 2 3 4 5 6 7 8 9 10

(1) PREDICT

Ask "What bad things might happen if I do what I have been avoiding.* How do I see myself handling it? Do I have any images of how it will turn out?"

a)
b)
c)
d)
e)
f)
g)

(2) PREPARE

coping responses & resources. Ask: "What can I do when this happens? How can others help me?"
Use role models for ideas.

a)
b)
c)
d)
e)
f)
g)

* Hint: to find out your worst case scenario when you don't know, use imagery.

(3) PRACTICE your responses over and over.

For example: practice in your imagination, or outloud when alone, or do role play with friends. Use the chart to set practice times and details as well as a target date to put into effect your practice. Your target date can be a series of mini goals but remember the ultimate goal is to enter the situation listed above and not avoid it.

✓ When	
✓ Where	
✓ How	
✓ With Whom	
✓ Target Date	