

Seven Steps to Ease Back into Society

1. Identify your goal. What do you want to do? Go to Costco, go dine out?
2. Write a list of the steps you need to take to reach your goal.
3. Visualize doing the first thing on Your list and evaluate the level of discomfort you feel when you think of doing it (This is on a scale of 1 to 10, with 10 being the most uncomfortable). Write this number down.
4. Go and do the first step on your list. While you are doing the first step, stay mindful your body and stay relaxed by taking deep breaths in through your nose, and exhaling slowly through your mouth. If you notice that part of your body feels tense, relax them by moving to loosen them up. Continue to be mindful in this way until you get home.
5. When you get home evaluate your level of discomfort on a scale of 1 to 10 and compare this to the level of discomfort you anticipated in step #3.
6. Reflect on your successful completion and celebrate it by sharing it with someone who would be happy with you.
7. If your anxiety was higher than anticipated, the next day repeat that baby step again using step #3-6 until your anxiety is lower. If your anxiety was lower than you predicted, you can proceed to the next baby step.