



FEAR LOG

List the Top 20 things you avoid out of fear or discomfort and their SUDSS level:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____
15. _____
16. _____
17. _____
18. _____
19. _____
20. _____

Now that you are looking at them out here in the open, we can start to tackle them, one by one, so you don't have to waste any more energy avoiding people, or activities, who truly have no power over you.

