



Behavioral Therapy: Starting with Action

Anxiety tells us: “Wait until you feel ready.” But waiting often keeps life small. Behavioral therapy flips the script:

- Do the behavior first, and the feelings will follow.

When you act in line with your values — even if anxiety is there — you strengthen the part of your brain that learns: “I can handle this.”

Step 1: If Anxiety Weren't in the Way...

Write what you would be doing in each life area if anxiety weren't interfering:

Life Area	What I'd Be Doing if Anxiety Weren't in the Way
Work / School	
Relationships	
Health / Self-Care	
Fun / Recreation	
Personal Growth / Learning	

Step 2: Rate Importance (0–10)

How important are these actions to you?

Life Area	Importance (0 = not important, 10 = extremely important)
Work / School	0 1 2 3 4 5 6 7 8 9 10

Relationships	0 1 2 3 4 5 6 7 8 9 10
Health / Self-Care	0 1 2 3 4 5 6 7 8 9 10
Fun / Recreation	0 1 2 3 4 5 6 7 8 9 10
Personal Growth / Learning	0 1 2 3 4 5 6 7 8 9 10

Step 3: Rate Current Effort (0–10)

How much of your current energy are you putting into each?

Life Area	Current Effort (0 = none, 10 = full effort)
Work / School	0 1 2 3 4 5 6 7 8 9 10
Relationships	0 1 2 3 4 5 6 7 8 9 10
Health / Self-Care	0 1 2 3 4 5 6 7 8 9 10
Fun / Recreation	0 1 2 3 4 5 6 7 8 9 10
Personal Growth / Learning	0 1 2 3 4 5 6 7 8 9 10

Step 4: Reflection

- Where do you see the biggest gaps between importance and effort?
- How is anxiety creating those gaps?
- What's one small action you could take this week to close the gap?

Encouragement

Each step you take builds confidence. You don't have to wait until the anxiety is gone. Acting in line with your values helps your world expand again.