

THE BIG 0 QUESTION

(POST EXPOSURE QUESTION)

Once you have experienced exposure to a `trigger` ask yourself the following question:

What BAD (and I mean seriously BAD – not just frustrating, inconvenient, upsetting, anxiety increasing etcetera) thing happened as a result of exposing yourself to the trigger/s?

If your answer to this question is a BIG

0

Then take a mental note of this evidence and consider what it tells you about the real level of danger/threat/challenge of the trigger/s.