

# 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.**