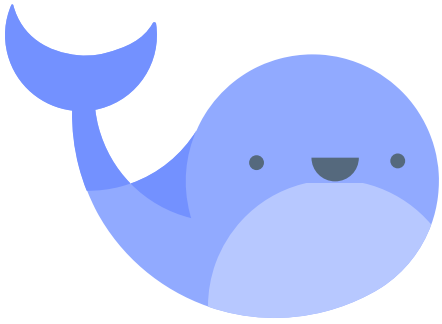


# EXPOSURE EXPERT

**When we are scared, we tend to avoid or stay away from the thing we are scared of. We usually feel better in the short-term, but our fear tends to grow even bigger! Teach each character what happens when anxiety is the boss and what happens when they are the boss.**



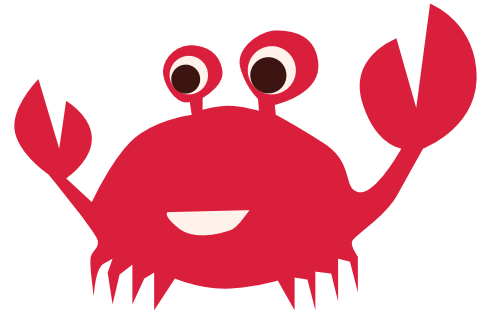
1. Pick an animal from the deck.
2. Then pick an object from the deck.
3. Fill in the blanks on the "When Anxiety is The Boss" page.
4. Then, fill in the blanks to teach the animal how facing their fear can help them shrink their anxiety!



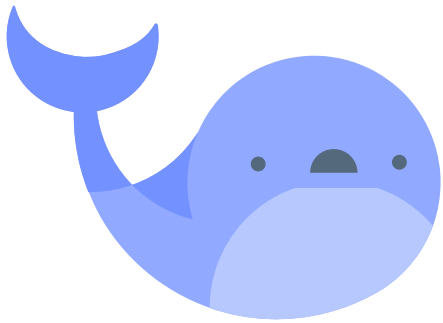
**WHALE**



**DOG**



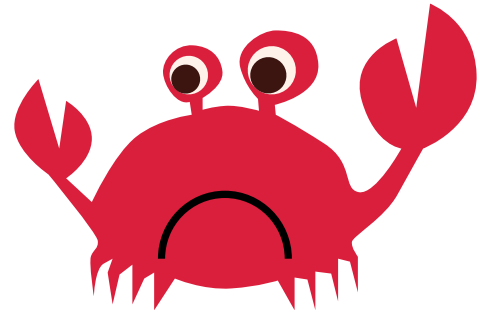
**CRAB**



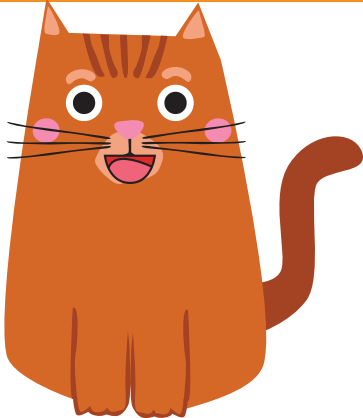
**WHALE**



**DOG**



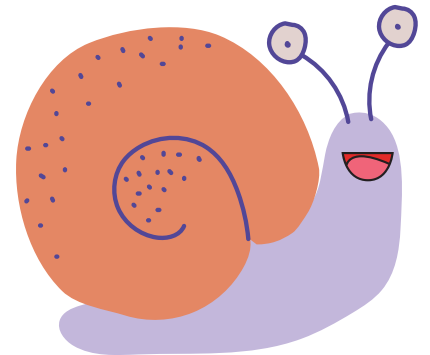
**CRAB**



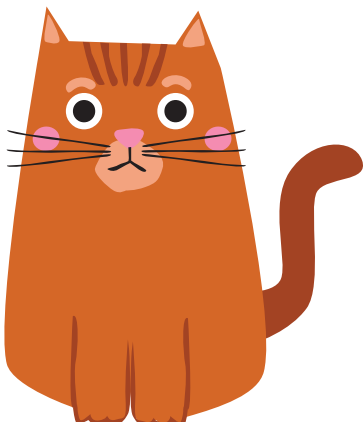
**CAT**



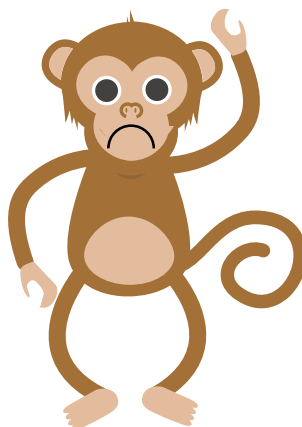
**MONKEY**



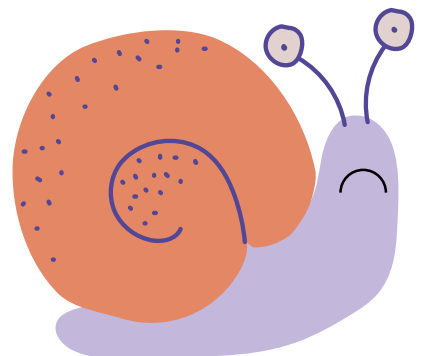
**SNAIL**



**CAT**



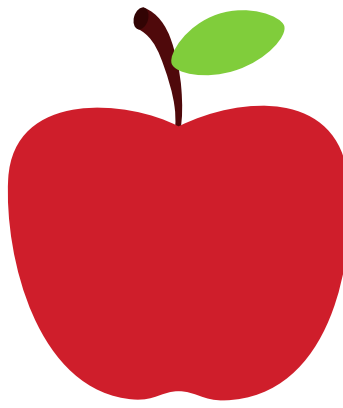
**MONKEY**



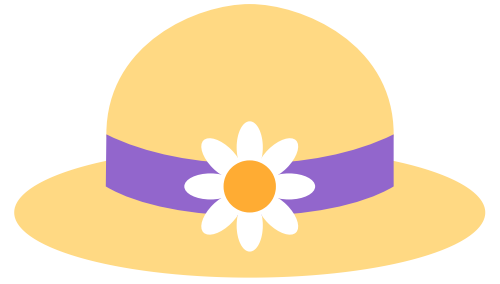
**SNAIL**



**SCISSORS**



**APPLES**



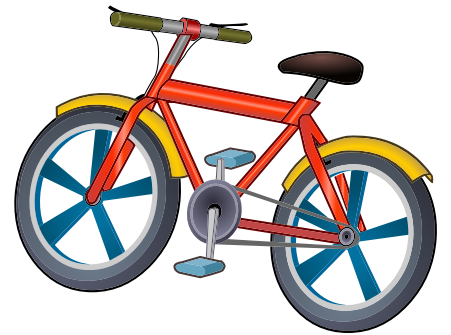
**HATS**



**SOCKS**



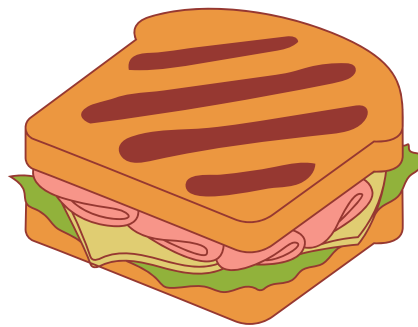
**PIZZA**



**BIKES**



**FLOWERS**



**SANDWICHES**



**BUTTERFLIES**



**VEGETABLES**



**CAKE**



**PENCILS**

# THE CYCLE OF ANXIETY



## **ANXIETY**

You think something is scary. You start to worry, sweat, etc.



## **AVOIDANCE**

You avoid the thing that causes anxiety.



## **SHORT-TERM RELIEF**

When you avoid the thing that scares you, you feel relieved.



## **ANXIETY GROWS**

You trained your body that avoiding scary things makes you feel better.

# WHEN ANXIETY IS THE BOSS

ANIMAL

OBJECT

**THINKS**

**WILL**

(ANIMAL)

(OBJECT)

(SCARY THOUGHT).

**IS SO SCARED OF**

**THAT**

(ANIMAL)

(OBJECT)

(PRONOUN)

(AVOIDANCE BEHAVIOR)

**WHEN**

**FROM**

**FEELS BETTER!**

(ANIMAL)

(AVOIDANCE BEHAVIOR)

(OBJECT)

(PRONOUN)

**BUT, EVERY TIME**

**SEES**

**!**

(ANIMAL)

(OBJECT)

(PRONOUN)

(NEGATIVE BEHAVIOR)

**NOW**

**CAN'T GO TO**

**BECAUSE**

**MIGHT BE THERE.**

(ANIMAL)

(COOL PLACE)

(OBJECT)

# WHEN ANIMAL IS THE BOSS

**ANIMAL**

**OBJECT**

**KNOW**

**PROBABLY WONT**

(ANIMAL)

(OBJECT)

(SCARY THING).

**INSTEAD OF**

(AVOIDANCE BEHAVIOR)

(ANIMAL)

(EXPOSURE)

**LEARNED THAT**

**ISN'T ACTUALLY SCARY!**

(ANIMAL)

(OBJECT)

**NOW**

**ISN'T AFRAID OF**

**AND CAN GO TO**

(ANIMAL)

(OBJECT)

(COOL PLACE)