

Fear of People: 4–6 Week Treatment Workbook (Lined Version)

CBT • Exposure Therapy • Nervous System Regulation • Christian Integration (Optional)

How to Use This Workbook

Complete daily exercises and practice exposures 3–5 times per week. Focus on approach, not avoidance.

Week 1

Weekly Intention:

Daily Reflections:

Exposure Practice:

Weekly Review (Wins, Barriers, Adjustments):

Week 2

Weekly Intention:

Daily Reflections:

Exposure Practice:

Weekly Review (Wins, Barriers, Adjustments):

Week 3

Weekly Intention:

Daily Reflections:

Exposure Practice:

Weekly Review (Wins, Barriers, Adjustments):

Week 4

Weekly Intention:

Daily Reflections:

Exposure Practice:

Weekly Review (Wins, Barriers, Adjustments):

Week 5

Weekly Intention:

Daily Reflections:

Exposure Practice:

Weekly Review (Wins, Barriers, Adjustments):

Week 6

Weekly Intention:

Daily Reflections:

Exposure Practice:

Weekly Review (Wins, Barriers, Adjustments):

CBT Thought Record

Situation:

Automatic Thought:

Emotions:

Distortions:

Balanced Thought:

Action:

Exposure Log

Exposure Description:

SUDS (Before / During / After):

What Happened:

What I Learned:

Next Step:

Christian Integration (Fear of Man)

Scripture Reflection (Proverbs 29:25):

Truth Statement:

Prayer:
