

Taking One Small Approach Step

Anxiety and worry | Adults and teens 13+ | 10 to 15 minutes

Plan and review one small step toward a safe activity that anxiety has interrupted.

Avoiding something can bring quick relief while making it harder to return. Choose an ordinary, safe activity you want back in your life. Start with a manageable step and decide together how you will learn from it.

Choose a meaningful activity

Pick something connected to your life, such as asking a routine question, returning a message, or entering a familiar shop. Break it into three possible steps. Choose the smallest step that still moves toward the activity.

Observe without demanding calm

Write your prediction before you begin. Afterwards, record what happened, what you learned, and whether you want to repeat or adjust the step. Success can mean showing up or learning something, even if anxiety remains.

The safe activity I want to return to and why it matters

Three possible steps from easier to harder

The step I choose and what I predict

What happened and what I learned after trying