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Five steps to challenging safety behaviours

Step one: What safety behaviours do you use?

List anything you do to try and stop something bad from happening to you or that makes you feel less anxious.

Step two: How do they help? Do they make things worse?

Ways they help	Ways they make things worse

Step three: What would happen if you didn't use the safety behaviours?

What is the worst thing that could happen?

Step four: Work out a plan to help you cope and manage your fears.

Plan to use your new skills to manage a particular situation where you usually use safety behaviours.

- Use relaxation techniques and breathing exercises.
- Challenge any unhelpful thinking styles.
- Practise Mindfulness.

Action plan	
1	
2	
3	
4	
5	

Step five: Review: how did it go?

Was it as bad as you expected? What did you learn?

Faced with the same situation how will you feel next time?

If you didn't manage to do it this time – don't give up. Review your plan and try again next time.