

Social Circle Exposure

If any of your growth goals require you to go out of your comfort zone, possibly do something brand new or meet new people, then you'll likely feel a little bit hesitant to get started. **All beginnings are hard, but often we tell ourselves that it's harder than it actually is.**

Expectations

What new experience/social circle intimidates me?

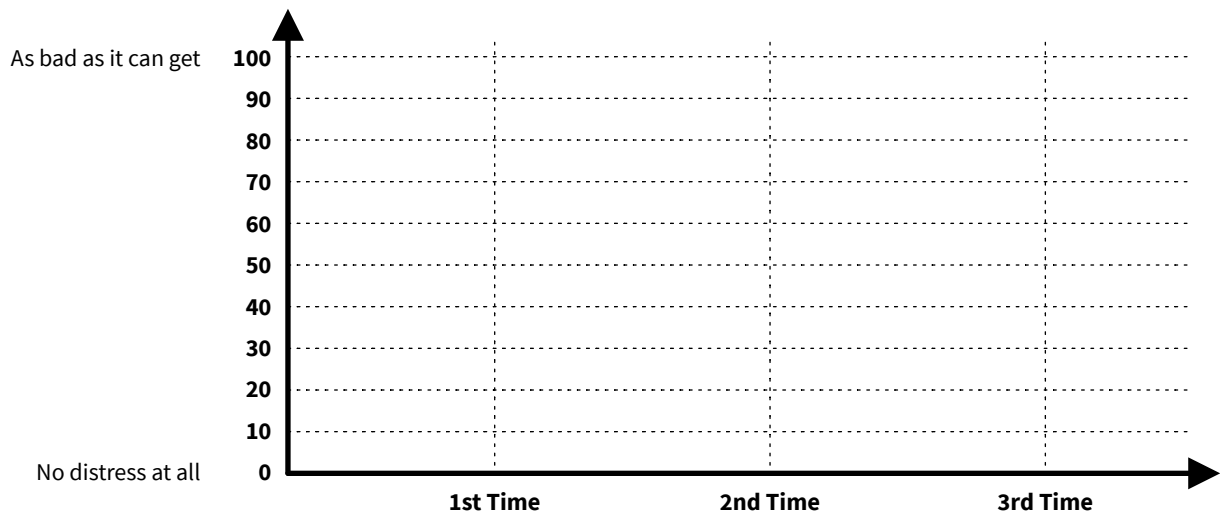
What do I fear will happen? (What is the worst that could happen?)

How likely is it that the feared outcome will happen? (0-100%)

How severe would it be if this happened? (0-100%)

Exposure

Expose yourself 3 times to the new experience & record your subjective distress every time.



Outcome & Learning

What was the outcome from the exposure? What did you learn?

How likely is it that the feared outcome will happen? (0-100%)

How severe would it be if this happened? (0-100%)

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Expectations

What new experience/social circle intimidates me?

Crossfit / Circuit Gym

What do I fear will happen? (What is the worst that could happen?)

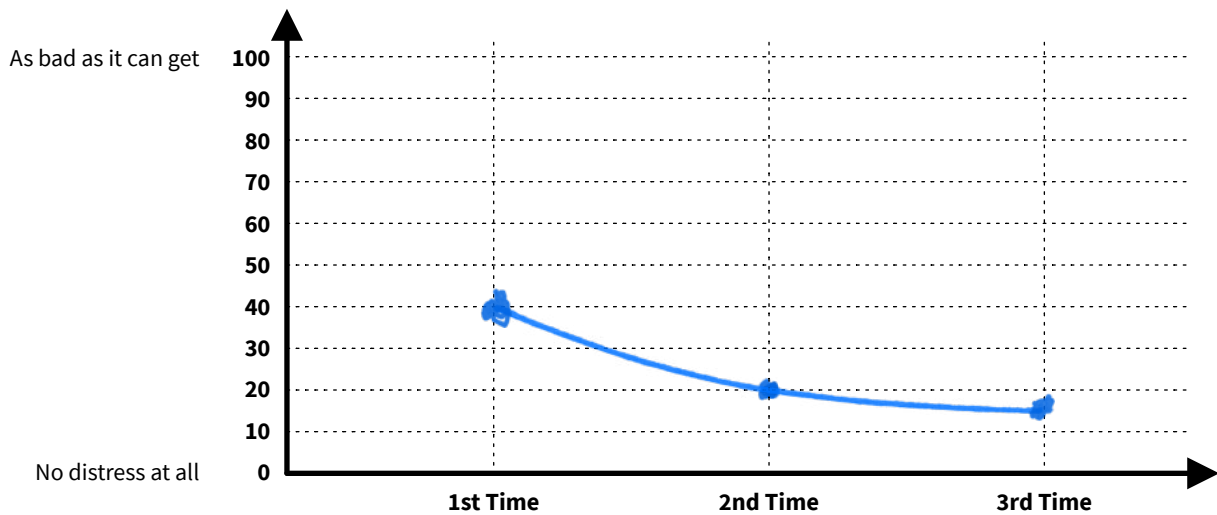
I will embarrass myself and will get in the way of other people, especially if it's a Circuit

How likely is it that the feared outcome will happen? (0-100%) *70%*

How severe would it be if this happened? (0-100%) *90%*

Exposure

Expose yourself 3 times to the new experience & record your subjective distress every time.



Outcome & Learning

What was the outcome from the exposure? What did you learn?

The instructors are actually very helpful and it is easy to follow the Circuit. I also had a nice conversation with Mike. It's not as intimidating as I thought it would be

How likely is it that the feared outcome will happen? (0-100%) *15%*

How severe would it be if this happened? (0-100%) *30%*