

**Rehearsal / Microskill Identification**

**Remember:** When we avoid things do to our anxiety, we are not learning/developing skills that help us feel more confident to approach the task. Rehearsal and core skill practice are tools to help.

Situations I Should Rehearse To Feel More Confident to Approach	Who can help me rehearse?
1)	_____
2)	_____
3)	_____
4)	_____
5)	_____

Every situation involving anxiety contains skills to work on to be more confident. We call these microskills. For example, what microskills do you need to order at a restaurant (Eye contact skills, assertive skills, verbal skills, attention getting skills)? What microskills should I be working on to help me approach situations related to my anxiety?

- |    |    |
|----|----|
| 1) | 5) |
| 2) | 6) |
| 3) | 7) |
| 4) | 8) |

Ways and with who can I practice/rehearse these skills: