

## Facing Fears Using Systematic Desensitisation

Systematic desensitization works through helping us to face/become resilient to/overcome large fears by breaking the fear down into smaller manageable fears and gradually becoming more confident in stages.

To overcome fearful situations we need to break down the fear into smaller parts and learn to control it and master it in stages.

When using this method we are not doing anything extraordinary. It is no magic technique; what we are doing mirrors life. Everyone masters difficult situations in stages – it is the only way to do it. Picture a young child approaching the ocean for the first time. First they let the water cover their feet; then, when they feel more confident they move deeper, up to their knees. As confidence develops they move up to their waist and so on... we are doing nothing more.

### The Method:

#### To overcome fearful situations:-

- Break down your fear into smaller fears.
- Grade these fears on a scale from 1 to 10 (more if you need to). Where 10 = mildly frightening and 1 = extremely frightening.
- Start with number 10. (The weakest fear – so weak that it barely exists.)
- Feel the anxiety, thoughts, feelings etc.
- Accept why they are there and calm yourself down through relaxation and deep breathing.
- Gradually move up the levels of difficulty. But only move to the next level when you have mastered taking control at each level. (Taking control is feeling scared but accepting it, going with it, and calming down not fighting it or running from it).

### See also: Free Anxiety eBooks



Essential information on anxiety symptoms, anxiety medications and anxiety disorders >> [More Details](#)

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