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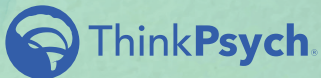
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THE EXPOSURE DECK

Social Anxiety Edition

QUICK START
GUIDE FOR CLIENTS

Designs by: Michelle Padilla

SKU: EXP-SOC-01
10/25-01/SZ1
MADE IN CHINA

THINKPSYCH LLC
PO BOX 662
LUMBERTON, NJ 08048

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INTRODUCTION

Most of these cards are meant to feel a little weird, awkward, or uncomfortable. That's on purpose! Some cards might even feel like you're bothering someone a little. But tiny requests and mix-ups happen every day, and people are used to handling them.

Being brave doesn't mean you're never nervous. It means doing something even if your brain says, "What if I mess up?" or "What if people laugh at me?"

Each time you face a fear on purpose, you learn, "Hey, maybe this isn't such a big deal." That's how anxiety gets smaller.

You'll also get better at talking to people, sharing your ideas, and feeling more confident.

These cards help build your courage muscles. The more you practice, the stronger they get.

You don't have to do it perfectly. Just trying is a win.

SELF-GUIDED QUICK START

1. Pick a Starting Point & Goal

- Choose a card that feels a little uncomfortable, but doable (not too easy, not too hard).
- Always choose tasks that are safe, legal, respectful, and appropriate.
- Set **action goals**, not feeling goals
"Ask 3 questions" vs. "Don't feel scared"

2. Try the Challenge

- Expect it to feel a little awkward. That's normal!
- Stay with it long enough to notice what happens.

3. Reflect

Ask yourself:

- What did I notice?
- What was hardest? Easiest?
- Any surprises?
- What might I tell a friend about this?

SELF-GUIDED QUICK START

4. Celebrate Effort, Not Perfection

- Bravery means trying, not getting it "right"
- Even if it felt difficult, you did it.
- Every small step counts!

If It Feels Too Hard

- Take a pause.
- Breathe, ground yourself, or switch to an easier card.
- Remember, you can always come back later.

***If you're in crisis or feel unsafe, pause and reach out to a professional or local support line.**

Themes may overlap. Settings are suggestions. Adapt freely.