



Exposure Confidence Tracker

Celebrate Every Step You Take (Even the Tiny Ones) Facing your fears — even in small ways — is powerful. This tracker helps you notice progress your anxiety wants you to overlook.

✨ Designed for:

- People working through social anxiety
- Exposure therapy & gradual confidence-building
- Daily reflection and momentum



Why Track Exposure?

Social anxiety says: *"You're not doing enough."* But that's a lie. Every eye contact, every reply, every *attempt* matters.

★ Confidence grows in small doses. Tracking helps your brain see what your fear tries to hide.

📱 Ask <https://navigateanxiety.org>: 💬 "Give me a small challenge I can do today."



How to Use This Tracker

Daily Reflection

At the end of each day, reflect:

Answer Key Questions

- ✓ What social action did I take today?
- ✓ How hard did it feel (1-10)?
- ✓ How proud do I feel (1-10)?
- ✓ What helped me push through?
- ✓ What would I say to myself as encouragement?




Focus on Effort

✨ This is about **effort**, not outcome.



Small Wins You Can Track

You don't have to give a speech or go to a party to make progress.

-  **Sent a text I was nervous to send**
-  **Made eye contact with the cashier**
-  **Didn't apologise for speaking**
-  **Let myself be quiet without guilt**
-  **Asked a question in class or work**

→ 📱 Ask Navigate: 💬 "Was that a win? It didn't feel like enough."

Sample Entry



Date

Tuesday



What I did

Said hi to someone new at work



How hard it felt

6/10



Pride level

8/10



What helped

I practiced what to say beforehand



Encouragement

"You showed up even though you were scared — that's strength."

✨ Do this for 1 minute a day. It adds up.

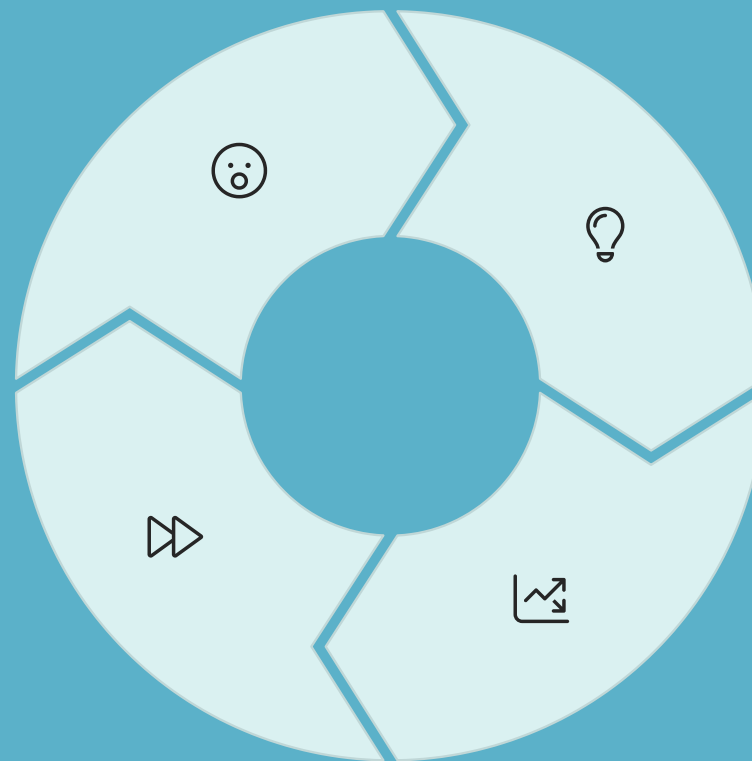
Weekly Reflection Prompt

Unexpected Wins

💭 What was one thing I handled better than expected?

Next Steps

💭 What's one small challenge I want to try next week?



Self-Discovery

💭 When did I surprise myself?

Progress Tracking

💭 What made this week easier than last?

📱 Need help? Ask Navigate: 💬 "Help me reflect on my social progress."

When It Doesn't Feel Like Progress



Accept the Ups and Downs

Some days will feel like a step back. That's okay. That's normal. That's human.



Redefine What Counts

If your win today was **resting**, **not avoiding**, or **just trying** — that still counts.



Trust the Process

 Healing isn't linear. Confidence builds slowly and quietly.

Navigate Anxiety = Your Pocket Coach



Set Goals

"Give me a small social exposure challenge."



Celebrate Progress

"Remind me how far I've come."



Track Achievements

"Help me track today's win."

Need help setting goals or celebrating progress?

Ask <https://navigateanxiety.org>

You don't have to face it all at once — just one step at a time.



Final Note: You're Doing More Than You Think



 Share this with a friend who's working through it too — and track your growth together.