

CouRage Challenge 1: Try a treatment

Welcome to your first CouRage Challenge! These challenges are designed to motivate you to step outside your comfort zone, which will strengthen your mind and control over your anxiety and build courage.

Your first challenge is to try one of the three treatments: psychological, medical or self care. Take note of how you are feeling before your treatment and 2 months after your treatment.

It is important to realise that treatment will take time to take effect, especially medicine, which typically takes at least a month to start seeing improvements, so don't get discouraged early in the game.

> **Tip:** You only get out what you put in. Medical professionals are there to guide you, but the more you practise their advice and the advice in this workbook, the more courageous you will be. Go out and do something small each day that builds your courage.

The treatment I'm trying

Start date (DD / MM / YYYY)

How I feel before my treatment

© Melissa Sugden

How I feel 2 months after my treatment

☐ *I did it! I CouRaged!*

Date

© Melissa Sugden