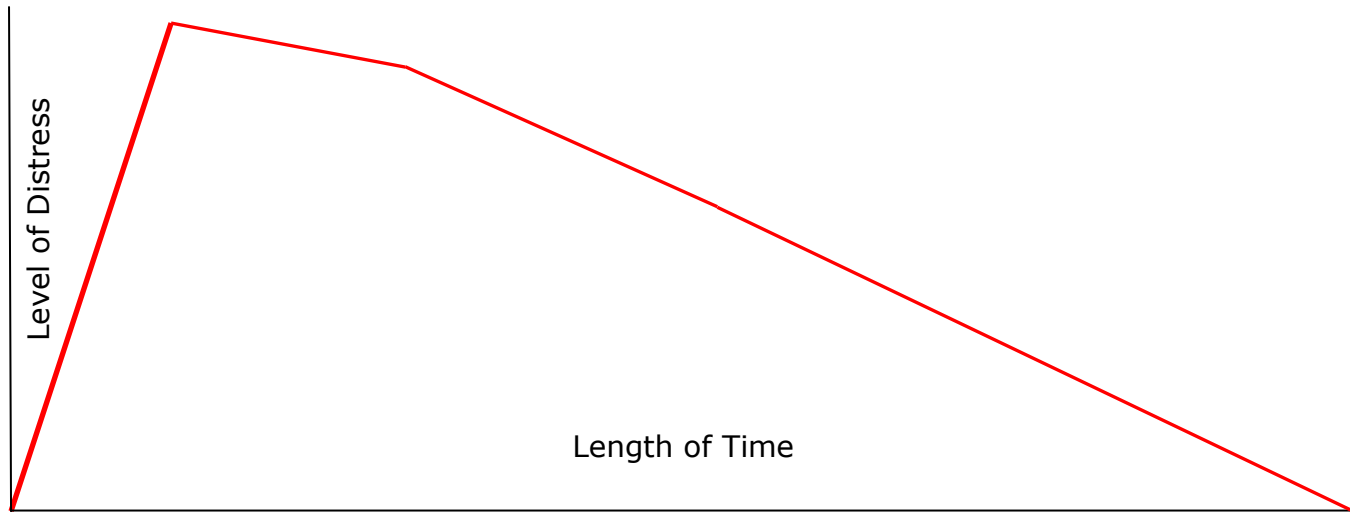


When we avoid situations because we get too anxious or distressed, if we think about or find ourselves in those situations, our anxiety rises sharply, stays on a level for a while, then slowly starts to decrease gradually....



If we didn't avoid the situation, just do it anyway and stick with it, then the first time will be the worst. Each time after that, we'll find that we won't be quite so anxious as the time before, and the anxiety will start to pass a little quicker than the previous time, so the diagram might look something like:

