

- 1 Psychoeducation about anxiety, CBT anxiety model.
- 2 Psychoeducation about anxiety, registration of thoughts, feelings, behaviour and introduction to cognitive restructuring.
- 3 Psychoeducation and exercise: cognitive bias, attention and self-focus, repetition about cognitive restructuring, attention exercises.
- 4 Psychoeducation about exposure therapy, optionally, an introductory exposure exercise.
- 5 Exposure therapy.
- 6 Behavioural experiments in exposure exercises.
- 7 Repetition of the methods presented so far, additional attention/mindfulness exercise linked to exposure.

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