

# Fear Induction

To induce feelings of fear, follow the instructions below, trying to imagine the situation vividly and in detail.

1. Bring your thoughts to a memory of something that happened recently that can bring up moderate feelings of fear for you when you think about it. The goal here is to remember an event that raises fear temperature to approximately a 35. Be careful not to choose an event that is too fear-inducing, as it may be triggering and lead you past your boiling point.
  
2. In one sentence, summarize the situation. For instance, you may say, "That time I saw a spider" or "That time last week I almost got into an accident."
  
3. State the sentence out loud if you are completing this during a therapy session, so that the therapist can interact with you and help you connect with this memory.
  
4. After identifying the fear-inducing memory, begin to bring this memory to mind, starting with the beginning. Identify:
  - a. Who was there
  - b. Where it was
  - c. What was happening
  - d. And why it was happening (if possible)
  
5. Next, recall the memory to the therapist as you remember it unfolding, including as much detail as possible.

6. As you recall the memory the therapist may discuss it with you, asking you for additional information about what happened. As you discuss the memory with the therapist, include the following:
  - a. How you felt at the time
  - b. What you were thinking at the time
  - c. How you feel now when you think about it
  - d. And what you think about it now
  
7. Once you have connected with the memory, notice any sensations in your body that indicate distress (fast heart rate, shallow breathing, etc.) and note these to the therapist.
  
8. After you have identified what the fear feels like in your body as you discuss this memory, take a temperature reading of your current fear. If your fear is under a 25, you may need to connect more closely with the memory or choose another memory to activate feelings of fear more effectively. If your fear distress approaches your boiling point (or passes it), begin to disengage from the memory in order to lower your distress level.
  
9. Once your fear level is above 25, but still at a manageable level, you are ready to perform a bottom-up technique to practice lowering your fear distress.
  
10. After some practice with pendulation, you may develop the ability to titrate your distress level upward, to a temperature above 35, and down-regulate it using the same process.