

CORE

FREE / 4 PAGES

FIELD GUIDE 05

THE BRAVE ENOUGH PLAN

A Graded Social-Confidence Workbook

Confidence usually arrives after the first small exposure—not before it.

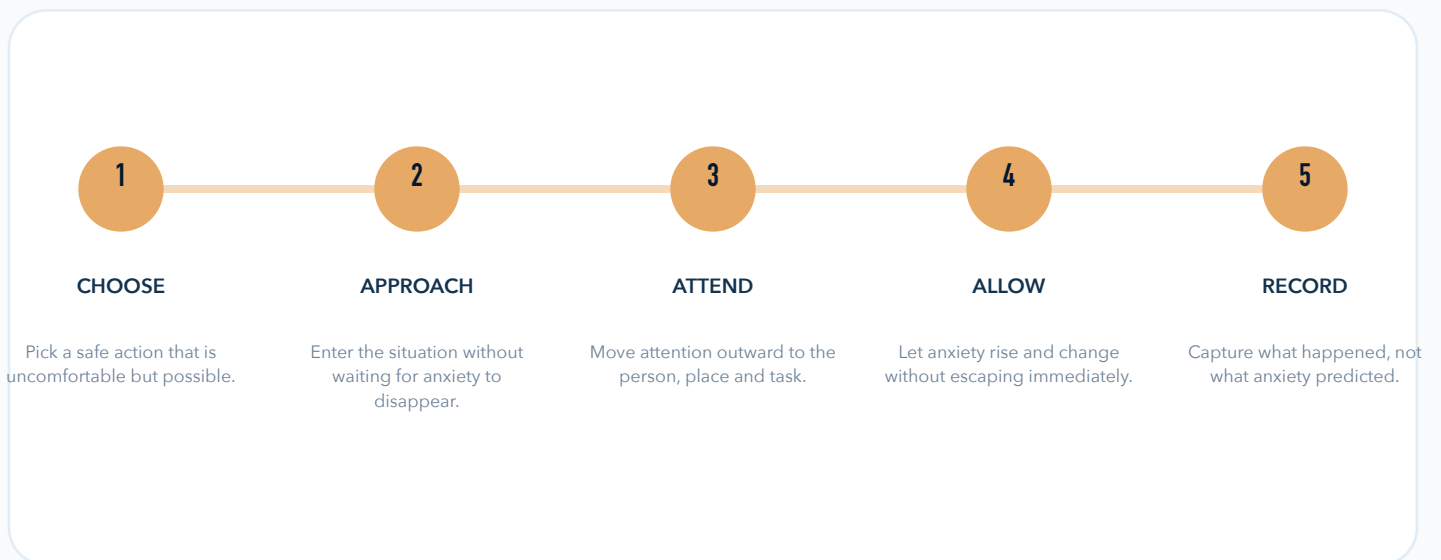
THE CORE PROMISE

A useful first framework and one action you can use today - intentionally shorter than the complete Extended workbook.

01 / UNDERSTAND THE PATTERN

YOU DO NOT HAVE TO FEEL CONFIDENT TO PRACTISE COURAGE

Social anxiety can turn attention inward: How do I look? What should I say? Did that sound strange? The plan is to shift toward the task, reduce avoidance gradually and collect real evidence.



WHAT THIS CORE EDITION HELPS YOU DO

● CORE OUTCOME 01

Map the avoidance and safety-behaviour loop.

● CORE OUTCOME 02

Build a graded exposure ladder.

● CORE OUTCOME 03

Use simple conversation structures.

● CORE OUTCOME 04

Recover from awkward moments without a long mental replay.

02 / USE THE ACTION CARD

THE BEFORE-I-ENTER CARD

1

CHOOSE

What is the one social action?

2

EXHALE

Drop shoulders and lengthen the exhale.

3

LOOK OUT

Name three details in the room.

4

APPROACH

Begin before the anxiety vote.

5

STAY

Use the planned duration and close.

WRITE THE FIRST REAL STEP

Brave enough today means...

03 / CHECK IN + CHOOSE THE NEXT LEVEL

CORE CHECK-IN

● The pattern I noticed is...

● The smallest safer or more useful move is...

● The person, place, or support that helps is...

SCOPE + SAFETY

This workbook is educational and does not diagnose or treat social anxiety disorder. CBT, exposure-based approaches, psychotherapy and medication may help; a qualified clinician can tailor care, especially when symptoms are severe.

CORE OR EXTENDED?

CORE / FREE

THE FIRST MOVE

- 4 focused pages
- One clear framework
- One immediate action card
- A concise safety boundary

EXTENDED / \$7.99

THE FULL SYSTEM

- 15 focused pages
- 7 original visual scenes
- Complete exercises + plan

OPEN EXTENDED ->

SOURCE ROUTES: NIMH / PSYCHOTHERAPY GUIDANCE / EVIDENCE NOTE

EXTENDED: <https://championverse.com/7-99-the-brave-enough-plan-a-graded-social-confidence-workbook-e-book/>

EDUCATION + REFLECTION / NOT INDIVIDUAL CARE

CORE 4/4