

Selecting Techniques Based on the Problem You're Working On

		Cognitive Techniques											Exposure Techniques			Hidden Emotion
		Uncovering	Compassion-Based	Truth-Based	Semantic	Logic-Based	Quantitative	Humor-Based	Role-Playing	Spiritual	Motivational	Anti-Procrastination	Classical Exposure	Cognitive Exposure	Interpersonal Exposure	Hidden Emotion
Your Problem	Chronic Worrying	✓	✓	✓			✓		✓		✓		✓	✓		✓
	Panic Attacks	✓	✓	✓					✓	✓	✓		✓	✓		✓
	Agoraphobia	✓	✓	✓					✓		✓		✓	✓		✓
	Fears and Phobias	✓	✓	✓					✓	✓	✓		✓	✓		✓
	Shyness	✓	✓	✓	✓	✓		✓	✓	✓	✓		✓	✓	✓	✓
	Performance Anxiety and Public Speaking Anxiety	✓	✓		✓	✓	✓	✓	✓	✓	✓		✓	✓		✓
	Obsessions and Compulsions (OCD)	✓	✓	✓			✓		✓		✓		✓	✓		✓
	Post-Traumatic Stress Disorder (PTSD)	✓	✓						✓	✓	✓			✓		✓
	Hypochondriasis	✓	✓	✓					✓		✓		✓	✓		✓
	Body Dysmorphic Disorder (BDD)	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓		✓	✓		✓
	Depression and Feelings of Shame	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓		✓		
	Habits and Addictions	✓			✓				✓		✓	✓				