

Contextual Rehearsal: How to Prepare Your Mind & Body for Taking the Exam

1. Dress “as if” it’s the day-of-your-exam and you are going to the exam center to take your test
2. Drive to the test location and get as physically close to where you will be taking the exam as possible
3. Read your Imaginal Exposure when you get to this physical location
4. Be aware of any automatic thoughts and feelings that arise for you that are not included in your Imaginal Exposure
5. Use your mindfulness tools to help you work through any “de-centering” thoughts and feelings that may arise
6. Once you have completed steps 1 – 5 above, you may additionally want to visualize yourself taking the exam, bumping up against automatic thoughts and anxiety and, then, successfully working through them using the mindfulness tools you have learned

Provided by:

