Recording a Planned Exposure

Date: __4/24/2024__

Setting Up Your Exposure

Pick an activity. What activity are you going to do for an exposure? Use your fear ladder for ideas.

Pet my neighbor's dog

Make it an experiment. What are you afraid will happen? Something bad or you just won't be able to handle it? Use your "Expectations' from My Avoidance Cycle for ideas.

The dog will bite me

Rate your anxiety. How afraid are you that your fear will happen? Use the 0 to 10 scale below. 6
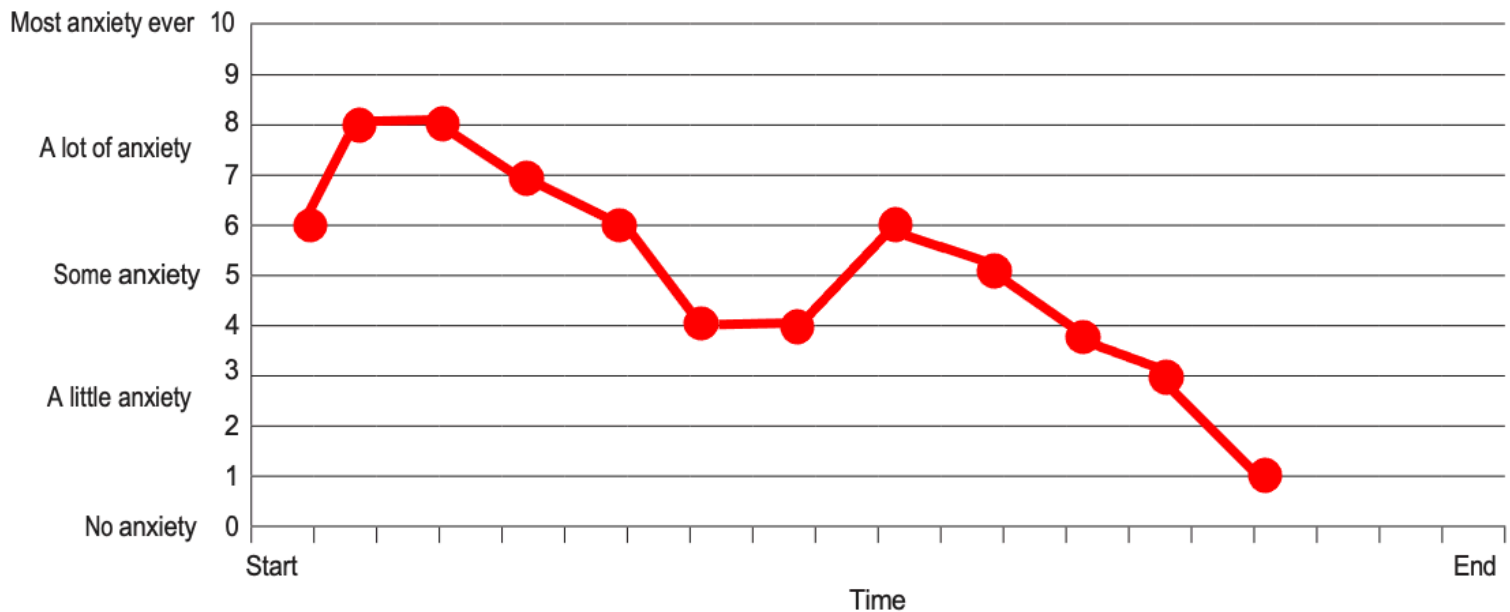
Doing Your Exposure

Pay Attention. Record your fear rating by placing a dot (●) every few minutes on the graph below. Parents, ask your child every couple of minutes, "How nervous are you to keep doing this?" and record the number on the chart below.

- If their anxiety is staying high, praise your child for working hard and managing their emotions.
- When their anxiety comes down ask your child: "What's bringing your anxiety down?" Ideally your child replies: "I am facing my fears and nothing bad is happening!"

Stay Positive. Kids keep an open mind to learning something new. Parents be your child's cheerleader!

No Avoidance or Rituals. Kids, focus on whether your fear is coming true and whether you can handle the situation. Do not avoid anxiety by doing rituals, distraction, relaxation, asking for reassurance, or anything else.

Record any rituals or avoidance here:	Distraction, asking mom for reassurance

Learning From Your Exposure

Stick with it until you **believe you could do it again**. Staying in the exposure until anxiety goes down by half suggests you have been successful.

Did your fear come true?	What happened to your anxiety?
✓ No ☐ Yes, but it was not bad	✓ It went down ☐ It stayed high, but I handled it
☐ Other (if other, review your exposure to see what happened):	☐ Other (if other, review your exposure to see what happened):

Motivation Plan

If the exposure was completed successfully was there a reward, and if so what? ___Point toward earning new toy___

If the exposure was not completed was there a consequence, and if so what? ___None___