

Sophia's Plan of Action!

What anxiety or fear is this plan of action for: **Social anxiety/fear of others judging me**

What is your goal: **Give a presentation in front of my class at school**

Exposure Activity	Anxiety level (0-10)
Have a conversation with a friend at school	2
Say hello to all my friends and teachers at school when I pass them in the hallway	3
Talk to the waiter & order on my own at a restaurant instead of having my friends or family order for me	4
Have a conversation with someone I don't usually talk to at school	5
Practice giving a presentation in front of my family	6
Eat lunch with a group of people at school instead of on my own	7
Raise my hand and answer a question in front of the classroom	8
Go to Anna's birthday party, join a group of people, and talk with them	9
<u>Goal Activity:</u> Give a presentation in front of my class at school	10

Sophia's Plan of Action!

+ Motivation Boosters

Exposure Activity	Anxiety Level (0-10)	Motivation Boosters
Have a conversation with a friend at school	2	I get to choose the music on the car ride home after school
Say hello to all my friends and teachers at school when I pass them in the hallway	3	Go get boba tea after school
Talk to the waiter & order on my own at a restaurant instead of having my friends or family order for me	4	I get to choose the movie at family movie night
Have a conversation with someone I don't usually talk to at school	5	Start a new anime I've been wanting to watch
Practice giving a presentation in front of my family	6	Get my favorite ice cream from the grocery store
Eat lunch with a group of people at school instead of on my own	7	Get a new item for my art supplies collection
Raise my hand and answer a question in front of the classroom	8	Get 2 new items for my art supplies collection
Go to Anna's birthday party, join a group of people, and talk with them	9	Get a new book I've been wanting
Goal Activity: Give a presentation in front of my class at school	10	Get a whole new outfit at the mall!

Sophia's Plan of Action!

+ Points for Rewards

Exposure Activity	Anxiety Level (0-10)	Points
Have a conversation with a friend at school	2	1
Say hello to all my friends and teachers at school when I pass them in the hallway	3	2
Talk to the waiter & order on my own at a restaurant instead of having my friends or family order for me	4	3
Have a conversation with someone I don't usually talk to at school	5	4
Practice giving a presentation in front of my family	6	6
Eat lunch with a group of people at school instead of on my own	7	8
Raise my hand and answer a question in front of the classroom	8	10
Go to Anna's birthday party, join a group of people, and talk with them	9	15
Goal Activity: Give a presentation in front of my class at school	10	20