

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