

Mission Plan Step Ideas



Specific Fears (continued)



Dark	<ol style="list-style-type: none">1. Sit in your bedroom during the day, while underneath the blankets2. Look into your bedroom at night, while standing in the lit hallway
Insect(s)	<ol style="list-style-type: none">1. Look at a picture of an insect2. Hold a plastic/toy bug
Animal(s)	<ol style="list-style-type: none">1. Watch a video of the animal that you're scared of (i.e., documentary clip, nature video)2. Go to an animal exhibit at the museum3. Find a friend with the animal (if it is a pet) and see how close you can stand by it
Medical providers or situations	<ol style="list-style-type: none">1. Role play as a doctor with a parent/sibling/friend2. Watch a video of someone going to see a doctor
Water	<ol style="list-style-type: none">1. Play outside with a sprinkler/water hose; have a water balloon fight2. Go to a public pool and just sit on the steps/in the very shallow end
Weather changes	<ol style="list-style-type: none">1. Listen to rain/thunderstorm ambient sounds2. Watch a newscast of a severe storm
Loud noises	<ol style="list-style-type: none">1. Listen to a video on YouTube while slowly increasing the volume



Specific Fears (continued)



Items that make loud noises	<ol style="list-style-type: none">1. Hold an item that makes loud noises without activating it (if a toy or household object)2. Look at an image of an object that makes loud noises (i.e., fire alarm)
Monsters, aliens, the supernatural, etc.	<ol style="list-style-type: none">1. Look at a cartoon of aliens, monsters, or ghosts2. Watch a video of someone telling a ghost/alien story
Heights	<ol style="list-style-type: none">1. Watch a video of someone climbing a mountain or a tight rope2. Visit a tall building and look out the window of an upper floor
Escalators/ elevators	<ol style="list-style-type: none">1. Go to the mall and look at the escalators/elevators2. Watch a video of someone stuck in an elevator
Germs	<ol style="list-style-type: none">1. High-five or shake someone's hand without washing immediately after2. Restrict hand-washing to only after using the bathroom
Throwing up or getting sick	<ol style="list-style-type: none">1. Watch a video of someone vomiting2. Make fake vomit and touch it



Social Fears



Thinks others will think badly of them

1. Ask a friend a silly question
2. Make a mistake on purpose while doing a chore

Scared of answering or asking questions in class

1. Raise your hand in class
2. Ask a random classmate a question

Avoids standing out or being the center of attention

1. Walk around the house while wearing clothes inside-out
2. Wear a funny article of clothing in public (for example, a funny hat)

Worries that others will laugh at them

1. Walk around a store with shoes on the wrong feet
2. Introduce yourself to someone but come up with a silly first name

Avoids interacting with peers

1. Spend time with peers virtually (i.e., Zoom, Skype, FaceTime) or play online games together
2. Arrange a playdate/hang out with just one really close friend

Avoids speaking to others

1. Say “hello” to 1–3 people
2. Introduce yourself to one person



Generalized Worries



Worries about making mistakes	<ol style="list-style-type: none">1. Spell your name wrong on purpose2. As a parent, ask your child to bring you a glass of juice/milk, but have them give you a glass of water instead
Needs the routine to be exactly the same	<ol style="list-style-type: none">1. Change the order of a routine with a warning (for example, "tomorrow we will put on our shoes first, <u>then</u> eat breakfast")2. Change the way you do something as part of the routine (for example, drive home from school a new way)
Worries about getting in trouble	<ol style="list-style-type: none">1. Allow child to wait for up to 5 minutes before doing a requested chore2. Have the child practice saying "no" to a request from a parent
Worries about performance	<ol style="list-style-type: none">1. If you engage in a hobby/extracurricular activity, record yourself performing alone, then watch the video with a parent2. Put on a small show/concert/performance for parents and/or siblings
Anxious about assignments or tests	<ol style="list-style-type: none">1. Complete a set of math problems within a specific time limit2. Read a passage of a book and then have a parent quiz you on its content
Needs things to be symmetrical or "just-right"	<ol style="list-style-type: none">1. Arrange items in an "incorrect" order2. Wear one sock pulled way up and one scrunched way down
Gets upset and/or starts over when something they are doing is not perfect	<ol style="list-style-type: none">1. Write a paragraph while using a pen or pencil without an eraser2. Make a mistake on a practice assignment and show it to a parent
Asks a lot of questions	<ol style="list-style-type: none">1. Reduce number of questions child is allowed to ask in one day2. Parent practice ignoring questions and/or giving very vague answers

Separation



Worries about something bad happening to caregivers

1. Write a short story about something bad happening to parents/caregivers
2. Repeat thought, “My parents/caregivers are getting into the car and will get in an accident.”

Worries about getting lost

1. Practice going to and from school/store using different routes home
2. Blindfold child/teen while at home and have them practice moving from one room to another

Scared of sleeping away from caregivers or home

1. Have child/teen “camp” in the backyard or living room to expose them to sleeping somewhere other than their bed
2. Watch a movie about a sleepover

Follows caregivers around

1. Practice being at the opposite end of the same room while at home
2. Allow child to follow behind the parent but only after waiting for one minute