

# Neil's First Mission Plan

| Step  | Anxiety Rating 0-10<br>OR<br>Easy   Medium   Hard | Reward/Brave Bucks                                      |
|---|---|---|
| Neil is in a dark room with his mom for 2 minutes (during the day).   | 1   | 10 extra minutes of screen time                         |
| Neil is in a dark room with his mom for 2 minutes (at night).   | 2   | Choosing breakfast                                      |
| Neil is by himself in a room with his nightlight on for 2-3 minutes (during the day).   | 3   | Choosing a board game for family game night             |
| Neil is by himself in a room with his nightlight on for 2-3 minutes (at night).   | 5   | Choosing a toy to bring in the car on the way to school |
| Neil will stay in bed for 10 minutes with his mom sitting in a chair outside his room that he can see from his bed. If he does not fall asleep in that time, his mom will return to his bedside (like usual). His nightlight is on. | 7   | Screen time on the drive to school                      |

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|--|---|---|
| <p>Neil will stay in bed for 10 minutes with his mom sitting in a chair outside his room that he cannot see. If he does not fall asleep in that time, his mom will move the chair where it is visible. His nightlight is on.</p> | <p>8</p>  | <p>Neil can bring his dog on the drive to and from school</p> |
| <p>Neil will stay in bed for 10 minutes with his mom in a different part of the house. If he does not fall asleep in that time, his mom will move closer to his room. His nightlight is on.</p>                                  | <p>9</p>  | <p>Day trip to NASA and a souvenir</p>                        |