

Neil's Second Mission Plan

Step	Anxiety Rating 0-10 OR Easy Medium Hard	Reward/Brave Bucks
Neil is in his room for 5 minutes with his mom sitting in a chair outside his room that he can see.	3	10 extra minutes of screen time
Neil is in his room for 10 minutes with his mom sitting in a chair outside his room that he can see.	3	Choose a movie for family movie night that we usually have on Sundays
Neil is in his room for 10 minutes while his mom takes a walk around the neighborhood.	5	Show mom a video about Mars
Neil stays home alone for 10 minutes while his mom drives around their block.	6	Choose a place to eat out
Neil stays at home alone while his mom goes on a ten minute walk and she does not bring her cell phone.	7	Buy a new item in video game

Step	Anxiety Rating 0-10 OR Easy Medium Hard	Reward/Brave Bucks
Neil stays home with his dad for one hour while his mom goes grocery shopping. He is not sure exactly how long it will take.	8	Have a pizza night
Neil is at home all day with his dad while his mom is out.	8	20 extra minutes of screen time
Neil stays home with his dad all day while his mother is out. He does not call or text to check on her.	9	Go to a movie that will come out next month
Neil is at home with his dad while his mom visits a family member overnight.	10	Get a toy of a main character from the movie that will come out next month