

Step	Anxiety Rating 0–10 OR Easy Medium Hard
Neil is in a dark room with his mom for 2 minutes (at night).	2
Neil is in a dark room with his mom for 2 minutes (during the day).	1
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
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.	9
Neil is by himself in a room with his nightlight on for 2-3 minutes (during the day).	3
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.	8
Neil is by himself in a room with his nightlight on for 2-3 minutes (at night).	5