

# George's Plan of Action!

What anxiety or fear is this plan of action for: **Fear of using/being in public restrooms**

What is your goal: **Be able to use the public restroom at school**

## Exposure Activity

**Anxiety  
level  
(0-10)**

**Listen to the sound of my own toilet at home flushing without running away or covering my ears**

**2**

**In the bathroom at home, listen to an audio recording of toilets flushing, hand dryers turning on, and sinks running**

**3**

**Go inside a single person public restroom and stay in there for at least 5 minutes**

**4**

**Wearing noise cancelling headphones, go inside a single person public restroom and wash/dry my hands with the hand dryer**

**5**

**Wearing noise cancelling headphones, use a single person public restroom, flush, and wash/dry my hands with the hand dryer**

**6**

**Wearing noise cancelling headphones, go inside an empty public restroom and stay there for at least 5 minutes**

**7**

**Wearing noise cancelling headphones, go inside a public restroom while there are people there and stay for at least 5 minutes**

**8**

**Wearing noise cancelling headphones, go inside a public restroom while there are people in there and wash/dry my hands with the hand dryer**

**9**

**Goal Activity: Wearing noise cancelling headphones, use a busy public restroom, flush, and wash/dry my hands with the hand dryer**

**10**