

George's Plan of Action!

What anxiety or fear is this plan of action for: **Fear of touching objects that may be dirty or have germs**

What is your goal: **Be able to use the public restroom at school and only wash my hands once for 10 seconds**

Exposure Activity	Anxiety level (0-10)
Stand in my bathroom at home for 2 minutes without washing my hands after	2
Stand in the bathroom at school for 2 minutes without washing my hands after	3
High five a friend at school without washing my hands after	4
Touch a dirty shirt in the laundry hamper without washing my hands after	5
Play video games at the school's gaming club without wiping the controllers or washing my hands after	6
Touch the door handles, light switches, and tables at school without washing my hands after for a full school day	7
Touch a stall door in a public restroom without washing my hands after	8
Use the public restroom at school and only wash my hands once for 20 seconds	9
<u>Goal Activity:</u> Use the public restroom at school and only wash my hands once for 10 seconds	10