

Sophia's Plan of Action!

What anxiety or fear is this plan of action for: **Fear of changes in my routine**

What is your goal: **Be comfortable (anxiety intensity level < 2) with detours, delays, and stops on my way home after school**

Exposure Activity	Anxiety level (0-10)
With mom's early notice in the morning, we make a quick stop somewhere I like on the way home from school	2
With mom's early notice in the morning, we take a different route on the way home from school that adds 8 minutes	3
With mom's early notice in the morning, we make a quick stop somewhere I like on the way home from school- but this time, she does not tell me where	4
With mom's early notice in the morning, we run a quick errand on the way home from school that adds 15 minutes	5
With mom's early notice in the morning, she picks me up 10 minutes later than usual	6
Without notice, we make a stop somewhere I like on the way home after school	7
Without notice, we take a different route home from school that adds 10 minutes	8
Without notice, mom picks me up 10 minutes later than usual	9
<u>Goal Activity:</u> Without notice, I run errands with mom or make an unplanned stop on my way home after school	10