

Sophia's Plan of Action!

What anxiety or fear is this plan of action for: **Social anxiety/fear of others judging me**

What is your goal: **Give a presentation in front of my class at school**

Exposure Activity	Anxiety level (0-10)
Have a conversation with a friend at school	2
Say hello to all my friends and teachers at school when I pass them in the hallway	3
Talk to the waiter & order on my own at a restaurant instead of having my friends or family order for me	4
Have a conversation with someone I don't usually talk to at school	5
Practice giving a presentation in front of my family	6
Eat lunch with a group of people at school instead of on my own	7
Raise my hand and answer a question in front of the classroom	8
Go to Anna's birthday party, join a group of people, and talk with them	9
<u>Goal Activity:</u> Give a presentation in front of my class at school	10