

# **1.) Choose practical activities that you can do on a regular basis**

**Stand on the porch  
under the awning  
while it is raining  
outside**

**VS**

**Watch a video of a  
thunderstorm with  
the sound on**

**This is a good activity if it  
rains where you live once  
or twice a week.**

**This is a good activity to  
include if it rarely rains  
where you live, or as an  
easier step before  
working up to being in  
real rain.**

## **2.) Think about who is involved in the activity (number of people, age, gender, the level of familiarity)**

**Practice giving a speech in front of 3 close family members**

**VS**

**Practice giving a speech in front of your whole class**

**This activity is easier because the people listening to the speech are familiar, and there are few of them.**

**This activity is more difficult because the people involved are less familiar and there are a lot of them.**

### **3.) How much time are you spending in the feared situation?**

**Pet a small dog  
for 10 seconds**

**VS**

**Pet a small dog  
for 1 minute**

**This activity is easier  
because you are  
spending less time  
doing the activity.**

**This activity is harder  
because you are  
spending more time  
doing the activity.**

## 4.) Where will the activity happen?

**Washing my hands  
only ONCE for 20  
seconds after using  
the bathroom at  
home**

**VS**

**Washing my hands  
only ONCE for 20  
seconds after using  
the bathroom at the  
mall**

**This activity is easier  
because you have more  
control over how clean  
your home bathroom is.**

**This activity is harder  
because you have less  
control over how clean a  
public bathroom is.**

# 5.) How much preparation will you have before the activity?

**Mom tells me 4 days before that she is going out to dinner and that I need to watch my little brother.**

**This activity is easier because you have more time to prepare.**

**VS**

**Mom tells me in the morning that she is going out to dinner and that I need to watch my little brother.**

**This activity is harder because you have less time to prepare.**

## **6.) How intense is the fearful thing/situation in the activity?**

**Go to the 3rd floor  
of a building and  
look out the  
window**

**VS**

**Go to the 10th  
floor of a building  
and look out the  
window**

**This activity is less  
intense because you are  
closer to the ground.**

**This activity is more  
intense because you are  
further from the ground.**