Hierarchy (Emily Hemendinger, MPH, LCSW)

Anxiety about returning to school:

Returning to school for the all day and participate

Going half day to school and participate

Go to school for two hours and participate

Go to school and raise hand

Go to school and talk to one peer

Talk to peer about going back to school

Going to school and touching door (with friend vs. alone)

Getting in car and driving to school and standing outside

Playing on school playground (with friend vs. alone)

Joining rec center over summer

Going to teen event

Going to crowded place (talk and participate); mall, movie theater

Going to back to school night

Watching videos of going to school

Reading a book about school

Zoom chat with friends

Packing a backpack

Picking out clothes for school

Imaginal scripting exposure/talking about the idea/visualization

Apologizing and questioning:

Cut someone in line

Goes to restaurant and say that order is wrong (ask for refund as bonus)

Drop napkin on floor of restaurant and leave it

Grocery store and ask where to find product

Make a mess in therapist office and leave it

Role playing with therapist restaurant scenario

Role playing assertiveness scenarios

Ask for a need to be met from someone in life

Come to MHP and say hello and thank you or some pleasantry, instead of sorry I’m late

Go to coffee shop and order without saying thank you

Negotiate with therapist not based on people pleasing, based on needs

Be mean to therapist

Accept help/support

When asking about if she is being mean, therapist responds with a maybe statement or affirmative statement

Practice not apologizing to family for the whole day; penny idea/sorry cards