(Rachel Davis, MD)

|  |  |  |
| --- | --- | --- |
| Triggers | Obsession | Feared consequences |
| **Going to a grocery store**EntranceLots of peoplePackaged foodToo many options | * Something bad will happen if I go inside, like getting shot, forgetting something, getting sick (catching something)
* I won’t be able to make decisions
* I might be trapped
* Fear of having a panic attack
 | * Death/shot – I don’t want to die, I like my life, I might be stuck with health bills, I don’t want to be in pain, who will take care of my kids
* Sick – health bills, I could be embarrassed, could cause others to be sick, my life is too busy – I don’t have time to be sick
* I might be stuck in the grocery store for a long time, and I don’t have that time 🡪 I might be late for work 🡪 I could get fired 🡪 I might not be able to pay a bill 🡪 I could ultimately end up homeless;
* I might look like an idiot 🡪 people could judge me 🡪and then I might judge myself and have to experience uncomfortable feelings 🡪 I might not be able to remember or use my coping skills🡪this could end up affecting everything I do 🡪intolerable; I might get lost; I might make the wrong decision and feel regret🡪I could waste money and not have what I need🡪might miss meals and not be able to care for myself; 🡪could disappoint others🡪could feel like I’m not good enough🡪feelings of hopelessness and helplessness🡪not able to function and could be a burden
 |

**10.5 –** below but read about grocery store shootings before or use secondary exposure script

10.5 – Going back to the Table Mesa store after it opens

**10 –** Going to the grocery store with kids at a very busy time (e.g., lunch or weekends) and somewhere loud – Costco

10 - Going to the grocery store with kids at a very busy time (e.g., lunch or weekends) and somewhere loud – Costco

10 – Grocery shopping for someone else without a list (based off of what they say they eat)

9.5 – Going to King Soopers for all weekly shopping without a list

9 – reading about grocery store shootings

8 – Going into a store with a short list of multiple items that require choices

7 – going into a store and getting in a busy line, pick 1 item from the check-out area/impulse buy section

6 – going into the store and leaving phone in the car

5 – going into a store for one thing (Zebra gum) and using the self-check-out

4 – going to store with family member

3 – ordering online and doing curbside pick-up

3 – drive through pharmacy

3 – walk to front entrance

3 – preliminary imaginal exposure about going to a grocery store

2.5 – writing a grocery store list

2.5 – looking at coupons

2 – ordering online and having groceries delivered

2 – practicing parking

2 – sit in parking lot

1 – looking through mail coupons or store specials

1 – Looking at grocery store websites

1 – browsing and filling a cart online

0 – Naming the names of the different grocery stores