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| **Level of Challenge** | Exposures (Stephanie Lehto, PsyD) |
| Low  (1-3) | Harm   * Imaginal—being with children/making a meal with kids – 3 * Touching children’s clothes/laundry * Organizing kids toys * Go to a park and sit on a bench * Dolls in general   Flying – Airport   * Coffee shop * Walmart * Office lobby * Mall Wednesday * Mall on weekend * Imaginal exposure of missing flight and having a panic attack * Watching video/seeing airplane * Looking at videos in a crowded place   Body image/weight   * Scripting – going out; others negatively evaluate * Trying on new clothes/different sizes * Scripting re: target and trying on things * Research how bodies change over time * Donating clothes or selling online * Sitting in living room with swimsuit /crop top/ shorts * Having safe people come over and hang out in bathing suits together * Going to the pool * Mirror exposures * Watching movies with actors/actresses that are not in the thin ideal and notice feelings have and tolerate * Read books related to body image * Iweigh, bodyisnotanapology, lizzo, Instagram * Wear tight shirt and see body image with rolls * Post an image of self * Not taking videos and pictures of self – look in mirror for 10 seconds, |
| Medium  (4-6) | Harm   * Hang out with kids with another person present – 5 * Hang out with kids alone – 6/7 * Long periods of time with safe people * Watch videos of own children/pictures * Sitting at table with pictures and scissors * Sit with the cat carrier in room * Sit with blanket and pictures * Dolls with kids clothes   Flying – Airport   * Interoceptive alone * Look at flights * Fake a panic attack in front of people * Practice managing fake panic attack * Faking a panic attack while at a coffee shop * Role play taking care of pt in a panic attack * Practice in front of IOP group   Body image/weight |
| High  (7-10) | Harm   * Sitting with kids with a pillow in your lap w/o reassurance 10 * Brush hair * Being alone with kids * Give hugs/interact   Flying – Airport   * Spending time at airport with no flight intended – 7 * Sit by TSA * Interoceptive in public * Book a flight   Body image/weight |