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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,
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| 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  |