

Exposure Palooza Workbook

Stephanie Lehto, PsyD



Department of Psychiatry
SCHOOL OF MEDICINE

UNIVERSITY OF COLORADO ANSCHUTZ MEDICAL CAMPUS



BRAIN HEALTH for all, for life.



SOCIAL ANXIETY

Are you worried about what others think about you? Do you avoid situations, so others do not have an opportunity to judge you? Is it hard to ask something even if you know someone else will be willing to do it? This is a station for you! At this social anxiety booth, you will complete exposures to challenge yourself socially. This may include talking to someone you don't know, sending a "we need to talk" text, calling your doctor to make an appointment, or even setting a boundary.

Activities include:

Social anxiety bingo

Random exposure selection from a hat

Prizes include:

Friendship bracelets to share

Awkward shirts

Fun hat

"Friend are like stars..." gifts for friends



Response Prevention Planning: Social Anxiety

Exposure area/core fear: Intolerance of uncertainty

Goal of Exposures: Increase friendships and confidence at work

Value(s) to connect with: Courage and fun

Hierarchy:

Exposure
Give a colleague constructive feedback
Send a “we need to talk” text
Ask someone on a date
Set a boundary with a friend
Present at a work meeting
Small talk with a friend
Small talk with a stranger

Response Prevention Plan Examples

Exposure example: Present or provide update at a work meeting

Anticipated compulsive urges: Mental preparation, mental review, reassurance seek, and avoid

Stimulus Control:

- Volunteer to present first to decrease avoidance
- Ask a coworker for accountability to present

Pick battles:

- Pick compulsive urge to challenge. For example, choose to challenge mental review and avoidance, with limits set on mental preparation time and frequency of reassurance seeking

Postponing:

- Sit with urge reassurance seek for 7 minutes

Opposite Action:

- If your urge tells you to reassurance seek, ask a different question
- If your urge tells you mentally prepare, intentionally distract

Label mental ritual and abandon:

- Label the urge to reassurance seek and lean into the uncertainty

Undo it:

- If you prepare, rip it up
- If you reassurance seek or provide yourself reassurance, respond with “maybe”

Written plan example:

I will present in the next team update meeting. I will prepare for 30 minutes to provide time to make the PowerPoint that is required, and do other things I need to do the day prior to the meeting. I will ask one time for assurance after the meeting and otherwise use a non-engagement response for my urges to reassurance seek and mentally review.



BATHROOM

BATHROOMS ARE DISGUSTING, AREN'T THEY? EVEN WHEN CLEANED RECENTLY, BUT ESPECIALLY WHEN NOT CLEANED, PUBLIC RESTROOMS ARE SOMETHING TO BE AVOIDED, RIGHT? WRONG. AT THIS STATION, YOU WILL CHALLENGE THOSE AVOIDANT URGES AND TAKE IT A STEP FORWARD. PICK YOUR BIGGEST FEAR AND PUT IT ON A TOILET. STEP INSIDE TO FIND OUT HOW...

PRIZES

- Toilet keyring
- Poop emoji pin
- Poop emoji items
- Tool to make toothpaste poop
- Poop shaped soap
- Pooping animals coloring book

ACTIVITIES

- Touching public toilets
- Sitting on floor of public restrooms
- Eating a gummy worm off a public toilet
- Spraying fart spray

Response Prevention Planning: Bathroom

Exposure area/core fear: Intolerance of disgust

Goal of Exposures: Be able to use public restrooms when traveling

Value(s) to connect with: Adventure

Hierarchy:

Exposure	SUDs
Eat a candy off public bathroom toilet seat	10
Eat candy in public bathroom	9
Touch toilet flusher	8
Sit on a public bathroom toilet	6
Use public bathroom with barrier and not hovering	5
Use a public bathroom with just hovering	3
Use a public bathroom with a barrier and hovering	2

Response Prevention Plan Examples

Exposure example: Sit on a public toilet without barriers

Anticipated compulsive urges: Jump up as soon as done with the bathroom, wash toilet before using it, take a shower after exposure, reassure self this will improve

Stimulus Control:

- Do not bring cleaning supplies
- Use a bathroom that does not have a shower nearby

Pick battles:

- Pick compulsive urge to challenge. For example, choose to challenge washing the toilet and jumping up as soon as possible, but plan to take a shower when home

Postponing:

- Sit with urge to jump up for 60 seconds. At the end of 60 seconds, try again

Opposite Action:

- If your urge tells you to take a shower, delay showering until the next day
- If your urge tells you to wash the toilet, touch the flusher and touch the toilet to contaminate it more

Label mental ritual and abandon:

- Label the urge to reassure yourself and abandon by recognizing possibility that you will feel disgusted forever

Undo it:

- If you clean toilet, make it dirty again
- If you take a shower, use a public bathroom again

Written plan example:

I will use a public bathroom, and pick one that is not as dirty to me as others. I will plan to use a bathroom in a restaurant at the end of a meal, but return to the table and sit for 5 minutes to sit with the disgust.



Sensory Challenges

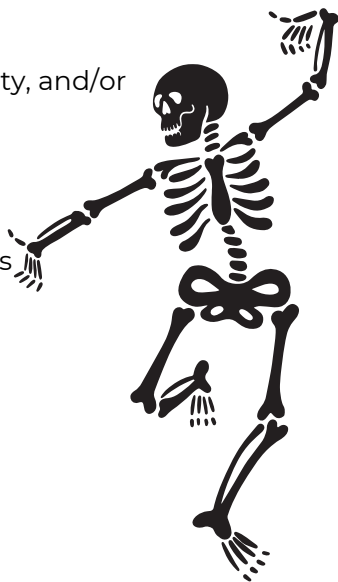
Some of us struggle with more sensory related concerns. Is using climbing chalk too gross because it feels gritty and gets under your fingernails, even though you want to climb? Do you avoid Bath & Body Works because it has so many overpowering smells and the residue from the lotion feels too slimy? Have you ever considered trying to re-create that avoided sensation and really focused on it to build your tolerance for it? That's what this booth is all about!

ACTIVITIES

- Touching newspaper, chalk, thinking putty, and/or kinetic sand
- Using lotion
- Smelling essential oils
- Listening to odd sounds
- Touch things with Cheeto fingers

PRIZES

- Weighted blanket
- Sensory toys
- Essential oils
- Sensory pillow



Response Prevention Planning: Sensory

Exposure area/core fear: Intolerance of disgust

Goal of Exposures: To be able to use lotion, rock climb, and do art

Value(s) to connect with: Self-care

Hierarchy:

Exposure	SUDs
Intentionally get chalk or clay under nails	10
Use Aquaphor lotion	8
Charcoal painting with gloves	6
Make pottery with bare hands	5
Use lotion	4
Paint without gloves	3
Play with silly putty	2

Response Prevention Plan Examples

Exposure example: Make pottery with bare hands

Anticipated compulsive urges: To wash hands, to stop making pottery due to the sensation, to mentally check to see if nauseous, distract from sensation and emotion

Stimulus Control:

- Do not bring items to clean hands during exposure including hand sanitizer and wipes

Pick battles:

- Pick compulsive urge to challenge. Choose to challenge urge to stop making pottery and distract by continuing to make pottery and intentionally focus on sensation, however, wash hands when art is complete

Postponing:

- Sit with urge to wash hands for 5 minutes after finishing pottery

Opposite Action:

- If your urge is to mentally check to see if you are nauseous, intentionally focus on how your arms feel heavy from making art

Label mental ritual and abandon:


- Label the urge to distract and abandon, and redirect to thinking of slimy sensation

Undo it:

- If you wash your hands, touch clay again
- If you distract, try to make the sensation and thoughts more intense

Written plan example:

I will make my art without gloves, and intentionally focus on my five senses to be present with the sensations. If I start to distract, I will practice redirecting to the present moment. I will wash my hands, however, will limit the number of times.



VOMIT AND OTHER BODILY FLUIDS

Contamination concerns can include fear of bodily fluids, both for spreading and obtaining illness. Emetophobia, the fear of vomiting, can result in avoidance of foods and drinks, trying new foods, taking medications, and many other avoidant behaviors. Do you struggle with bodily fluids and vomit? Have a drink on us, from our fancy beverage containers, and practice making and using fake vomit!

Activities

- Drinking soda from a urinal
- Making fake vomit
- Looking at blood
- Use vomit sucking squish balls

Prizes Include

- Upset stomach self-care kit
- Handmade soy candle
- Vomiting bee pin
- Intestine pin
- Blood drop pin
- Ginger candy
- Germ coloring book
- Toilet keychain
- Infectious disease coloring book



Response Prevention Planning: Vomit and bodily fluids

Exposure area/core fear: Intolerance of disgust

Goal of Exposures: Eat new foods and travel despite potential of getting sick

Value(s) to connect with: Adventure and flexibility

Hierarchy:

Exposure	SUDs
Make fake vomit and practice using it in the bathroom	10
Spit in a cup and drink it	9
Make fake vomit and sit with it	7
Video of someone vomiting	5
Mindfulness activity of noticing saliva for 5 minutes	5
Sputum in a tissue	4
Listen to animals vomiting	2

Response Prevention Plan Examples

Exposure example: Make fake vomit to smell and sit next to

Anticipated compulsive urges: Holding breath, forgetting to make vomit, mentally checking that you are not nauseous

Stimulus Control:

- Hold fake vomit under your nose to prevent avoidance

Pick battles:

- Pick compulsive urge to challenge. For example, intentionally make the fake vomit and allow yourself to check that you are or are not nauseous during the process

Postponing:

- Sit with urge to check that you are not nauseous for 2 minutes. Try to do it for another 2 minutes if possible

Opposite Action:

- If your urge tells you to not make fake vomit, make it extra smelly with microwaved milk
- If your urge tells you to hold your breath, practice taking deep breaths to inhale the scent

Label mental ritual and abandon:

- Label the urge to check nausea and instead focus on the smell of the vomit

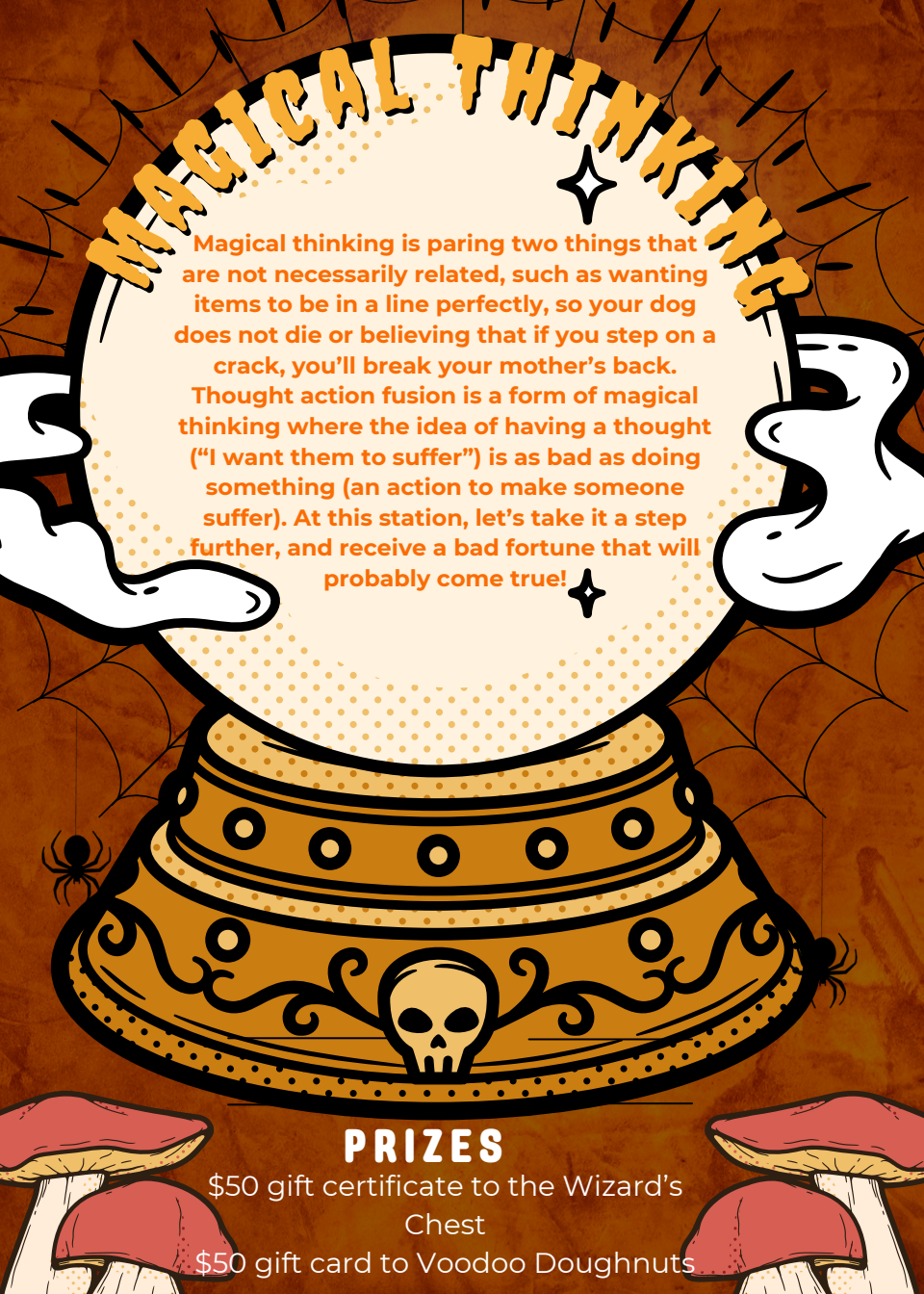
Undo it:

- If you hold your breath, take a deep breath through your nose
- If check that you are not nauseous, tell yourself you are and will vomit with this exposure

Written plan example:

I will bring fake vomit to my session. I will plan to sit with the vomit container open next to me. If I hold my breath, I will undo it and take a deeper sniff of the fake vomit.

MAGICAL THINKING



Magical thinking is paring two things that are not necessarily related, such as wanting items to be in a line perfectly, so your dog does not die or believing that if you step on a crack, you'll break your mother's back.

Thought action fusion is a form of magical thinking where the idea of having a thought ("I want them to suffer") is as bad as doing something (an action to make someone suffer). At this station, let's take it a step further, and receive a bad fortune that will probably come true!

PRIZES

\$50 gift certificate to the Wizard's Chest

\$50 gift card to Voodoo Doughnuts

Response Prevention Planning: Magical Thinking

Exposure area/core fear: Fear of a catastrophic event and intolerance of uncertainty

Goal of Exposures: To have freedom from anxiety and hyper-responsibility

Value(s) to connect with: Challenge and trust

Hierarchy:

Exposure	SUDs
Say the opposite of what you're trying to prevent	10
Imaginal exposure of the worst outcome happening	9.5
Say intrusive thoughts of catastrophic events out loud	8
Do not say "I love you" when family leaves	7
Do not check in with family	6
Limit checking in with family to five times	4
Say "I love you" only one time when family leaves	2

Response Prevention Plan Examples

Exposure example: Say intrusive thoughts of catastrophic event out loud

Anticipated compulsive urges: Reassurance seek/reassure self, check in with family to see if everything is okay, mental self-punishment, and compulsive prayer

Stimulus Control:

- If checking in with family through phone, put phone in a different room

Pick battles:

- Pick compulsive urge to challenge. Choose to delay checking in with family and mental self-punishment, however, engage in prayer with the plan to reduce this in the future

Postponing:

- Sit with urge to reassure self that saying thoughts will not make it happen for 8 minutes. At the end of 8 minutes see if you can do it again

Opposite Action:

- If you have the urge to self-punish, say instead acknowledge something you've accomplished

Label mental ritual and abandon:

- Label the urge say a prayer and sit with this discomfort instead of praying

Undo it:

- If you reassure yourself, remind yourself that "it's possible"
- If check in with family, repeat the intrusive catastrophic event out loud again

Written plan example:

I will say my intrusive thoughts of something bad happening to my parents out loud to challenge my fear that saying it out loud will cause it to happen. I will delay checking in with my parents for 15 minutes and if I engage in self-punishment I will remind myself that I'm doing something hard which is a success.



IMPERFECTION STATION

“Perfection is the thief of joy.” “Good enough is good enough.” “Progress not perfection.”

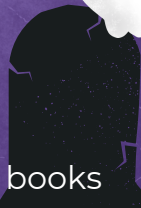
Perfectionists can find it difficult to turn in assignments that have spelling mistakes, leave items in areas they do not belong, and can often push others away without understanding why. Maladaptive perfectionism occurs when someone has unrealistically high expectations for themselves, that often cannot be achieved. This can lead to low self-esteem and high self-criticism. Through this booth, you will challenge those perfectionistic tendencies and do things the dreaded “imperfectly perfect” way.

Activities

Coloring outside the lines
Face painting
Large Collaborative Canvas

Prizes

Exposure coloring books
The gifts of imperfection book



Response Prevention Planning: Imperfection

Exposure area/core fear: Fear of a catastrophic event

Goal of Exposures: To be able to feel good enough

Value(s) to connect with: Freedom

Hierarchy:

Exposure	SUDs
Turn in a work assignment with a grammatical error	10
Wear two different shoes in public	9
Send a text message to a friend with a typo	7
Go into public with imperfect hair	6
Send therapist an email with a typo	4
Color out of lines	2
Contribute an error anonymously to a group project	1

Response Prevention Plan Examples

Exposure example: Send a friend a text message with a typo

Anticipated compulsive urges: Edit the message, confess to friend this is an exposure, block friend to not have to address typo, and mental self-punishment

Stimulus Control:

- Put phone down or in a drawer after completing exposure to not edit the message

Pick battles:

- Pick compulsive urge to challenge. Choose to challenge blocking friend, wait to see their response, and tell them it's an exposure if they comment on it

Postponing:

- Sit with urge to edit message for 20 minutes. When 20 minutes is up, see if there is a response, and try to sit for longer.

Opposite Action:

- If your urge tells you to edit message, send another with a typo
- If your urge tells you to confess this is an exposure, tell friend you did not notice

Label mental ritual and abandon:

- Label the urge to self-punish, and draw attention back to discomfort felt with imperfect message

Undo it:

- If you engage in self-punishment, say something nice about yourself
- If you block friend, unblock them

Written plan example:

I will send a message to a friend saying "Your cool!" I will practice looking at the message for 20 minutes and if I engage in self-punishment, I will either say something kind about myself or focus on how uncomfortable I feel with the message.



Harm Station



One of the more difficult to talk about and challenge OCD themes is harm OCD. Harm OCD can involve intrusive thoughts that go against your values and are not thoughts you want to act on. This may involve having thoughts that intrude on thinking about harming pets, family, friends, or yourself. These thoughts are difficult to talk about due to the stigma and fear associated with them. Harm OCD does not mean that you are a psychopath (but maybe you are) or that you are happy to have thoughts that you hit someone with your car on your way here (which you probably did not, but who knows). This booth will help educate you and other about harm OCD while also helping you face your fears.



Activities

- Naming intrusive thoughts
- Hold scissors and/or safety pins
- Practice saying harm thoughts out loud
- Yell kid friendly loud things

Prizes

- Sharp object pins
- Fire pin
- Knife barrette
- Candle
- Color your fears coloring book



Response Prevention Planning: Harm OCD

Exposure area/core fear: Intolerance of uncertainty

Goal of Exposures: Spend time with friends and animals

Value(s) to connect with: Connection, relationship

Hierarchy:

Exposure	SUDs
Sit next to therapist holding a knife	10
Cut guinea pig's hair	9
Hand a friend a sharp object when angry	8
Have a knife next to therapist when in session	6
Cut guinea pig's nails	5
Hand a friend a sharp object	3
Pet guinea pig	2

Response Prevention Plan Examples

Exposure example: Have a knife sitting next to therapist in session

Anticipated compulsive urges: Look away from knife, close eyes, ask for knife to be put in a drawer, clasp hands to prevent grabbing knife, distract from intrusive thoughts or confess intrusive thoughts

Stimulus Control:

- Sit in a position so knife has to be seen

Pick battles:

- Pick compulsive urge to challenge. For example, choose to name intrusive thoughts to be used in future exposures and look away from the knife OR look at knife and clasp hands

Postponing:

- Sit with urge to clasp hands for 10 minutes, continue to postpone engaging in this compulsion if able to after 10 minutes

Opposite Action:

- If your urge tells you to clasp hands, ask to hold knife
- If your urge tells you to confess thoughts, share random thoughts or facts instead

Label mental ritual and abandon:

- Label the urge to distract and draw attention back to thoughts

Undo it:

- If you ask for knife to be put in the drawer, hold the knife in session
- If you confess thoughts, therapist will respond in a random and unrelated way

Written plan example:

I will bring a knife to my therapist's office, with the plan to intentionally look at the knife. If I distract from my thoughts, I will tell my therapist some of the thoughts I'm having and they can remind me of the thoughts during the exposure. If I clasp my hands, I will hold the knife for 30 seconds at a time.



Worst Case Scenario Preparedness

Having OCD often means having numerous “what if” thoughts that lead to mental compulsions, including preparing for worst case scenarios. Treatment usually involves finding the line between overpreparing and appropriate preparing. At this booth, you will help you face your fears with education on canine first aid, naltrexone training, and stop the bleed.

We will also help you with non-engagement responses and heavy lean-ins for those worst-case scenarios playing in your head.

Activities

Canine first aid

Naltrexone training

Stop the bleed training

Non Engagement Responses

Prizes

Canine first aid kit x2

Human first aid kit

Denver zoo tickets

Response Prevention Planning: What if thinking

Exposure area/core fear: Fear of a catastrophic event

Goal of Exposures: Maintain a job

Value(s) to connect with: Independence

Hierarchy:

Exposure	SUDs
Go for a hike without survival kit	10
Do not prepare for a worst case scenario	10
Pursue school and a new job	8
Set a boundary with a family member	6
Leave work with computer plugged in	4
Limit preparation to 20 minutes	3
Name catastrophic thoughts	1

Response Prevention Plan Examples

Exposure example: Apply to school, an exposure as you are worried you will not be able to do it or make a bad decision and this causes harm

Anticipated compulsive urges: Avoid, think of the possible harm you may cause by leaving my job or going to school, what if this is a bad decision, ruminate on the mistakes you have made in the past

Stimulus Control:

- Since you ruminate most in my bedroom, work on my application in the dining room

Pick battles:

- Pick compulsive urge to challenge. Apply to school even if it is a bad decision, however, give space to ruminate on past mistakes

Postponing:

- Sit with urge to avoid by working on application for 5 minutes and postponing thinking of harm while working on it by focusing on the application

Opposite Action:

- If thinking of the harm this may cause, think of the benefits that it will bring
- If you have the urge to avoid, use someone for accountability

Label mental ritual and abandon:

- Label the urge to think of all the “what ifs” and abandon by using non-engagement responses

Undo it:

- If you engage avoidance, complete the application during an activity you would rather do

Written plan example:

I will apply to school for 20 minutes. I will have a family member hold me accountable by working next to me on their computer while I apply to challenge my urges to avoid. I will use non-engagement responses with thoughts that I made a bad decision



Recovery Room

In this room, you'll have the opportunity to practice sitting with your distress and using your coping strategies. We know that carnivals can be overwhelming when they are not exposure focused, and we want to create a safe space for you to bring the distress down.

ACTIVITIES
COLORING POSTER
NAIL STICKERS
COLORING PAGES
STICKER BOOK



PRIZES
SELF-CARE BOX
CANDLE
ECHO ALEXA SPEAKER
UNIDRAGON WOODEN
PUZZLE
DR. RODGER'S
FACIAL/COSMETIC
PRODUCT BASKET



Your Response Prevention Plan

Core fear: _____

Goals of exposures: _____

Value(s) to connect with: _____

Your Hierarchy:

Exposure	SUDs

Your written plan:

Your Response Prevention Plan

Core fear: _____

Goals of exposures: _____

Value(s) to connect with: _____

Your Hierarchy:

Exposure	SUDs

Your written plan:

Your Response Prevention Plan

Core fear: _____

Goals of exposures: _____

Value(s) to connect with: _____

Your Hierarchy:

Exposure	SUDs

Your written plan:

Your Response Prevention Plan

Core fear: _____

Goals of exposures: _____

Value(s) to connect with: _____

Your Hierarchy:

Exposure	SUDs

Your written plan:

Your Response Prevention Plan

Core fear: _____

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Value(s) to connect with: _____

Your Hierarchy:

Exposure	SUDs

Your written plan:
