

Examples of Initial Fearmometer Ratings in Class

Write down all the situations which distress your child, then add them to the table below, in order of how distressing they are. In the last column, get a fearmometer rating, from 0 (no distress) to 10 (maximum distress). Any one of the fears rated between 3 and 7 could be a starting point on your Exposure Fear Ladder goals to be created.

| Rank | Situation | Normally avoid? yes / no | Distress 0 – 10 |
|------|--|-----------------------------|--------------------|
| | Oral presentation to the whole class | Yes | 10 |
| | Putting up hand and answering a question in class | Yes | 10 |
| | Sharing your ideas in a large group | Yes | 10 |
| | Saying one sentence loud enough for the class to hear (e.g., "My dog's name is Sam") | Yes | 9 |
| | Sharing your ideas with teacher and several students | Yes | 9 |
| | Answering questions with a small group of classmates and the teacher | Yes | 8 |
| | Saying one sentence in a small group of classmates and the teacher | Yes | 7 |
| | Oral presentation to the teacher alone | Yes | 7 |
| | Oral presentation to the teacher and one chosen peer | Yes | 6 |
| | Saying one sentence in a small group of chosen peers | Yes | 6 |
| | Letting whole class hear me do a presentation on video while I remain present | Yes | 6 |
| | Letting the teacher and one chosen peer hear me do a presentation on video with me there | No | 5 |
| | Letting small group of peers I choose hear me do a presentation on video | No | 5 |
| | Oral presentation to the teacher and my mom with the teacher facing me | Yes | 5 |
| | Oral presentation to the teacher and my mom with the teacher's back turned | No | 4 |
| | Talking with the teacher one on one when the class is empty | No | 4 |
| | Recorded presentation to the teacher with me present | No | 3 |
| | Reading to mom or sister in my empty class with door open | No | 3 |
| | Academic project (talking privately in class) with a peer I choose | Yes | 3 |
| | Academic project (talking in a private room) with a peer I choose | No | 2 |
| | Saying hi to the teacher in class privately | No | 2 |
| | Recorded presentation to the teacher with me not there to see her reaction | No | 2 |
| | Talking with family members at school privately | No | 2 |