

Exposure Fear Ladder Example

Have the child continue the exposure until their fear rating goes down.
Practice this as many times as needed until the pre-rating is down to 3 or less.
Check when each exposure is completed.
Offer a small specific reward for earning checks.

Date/Challenge	Start	During	After	Checkmark
2/2/2016 Play 4 squares with chosen peer at recess	5	4	3	Y
2/3/2016 Say bye to same peer at end of day on school yard	6			N
2/4/2016 Say bye to same peer at end of day on school yard	6		4	Y
2/5/2016 Say bye to same peer at end of day on school yard	4		2	Y
2/6/2016 Say hi to same peer at start of recess	7		4	Y
2/7/2016 Say hi to same peer at start of recess	7		4	Y
2/8/2016 Say hi to same peer at start of recess	6		3	Y
2/9/2016 Say hi to same peer at start of recess	5		2	Y
2/11/2016 Play go fish with same peer and mom in private area at school	7	5	4	Whispered "go" with no eye contact. Laughed
2/12/2016 Play go fish with same peer and mom in private area at school	6	4	4	Whispered "go fish"
2/13/2016 Play go fish with same peer and mom in private area at school	5	3	2	Louder "go fish" to peer
2/14/2016 Play go fish with same peer and mom in private area at school	3	2	2	Said "let's play more" to mom
2/15/2016 Play "I Spy" with same peer and mom in same private area at school	5	3	3	Spontaneously said "bye" to friend

Steps for exposure practice are here
<https://www.anxietybc.ca/parenting/selective-mutism/facing-my-fears>
 and for brave talking here
<https://www.anxietybc.ca/parenting/tools/exposure-selective-mutism>

Examples by Dr. Jeff St. Pierre www.cpri.ca