<table>
<thead>
<tr>
<th>Sample In Vivo Exposures</th>
<th>In Office</th>
<th>Outside Office</th>
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</table>
| **Separation Anxiety**   | • Sit in waiting room, caregiver in office  
                         • Caregiver sits in the car  
                         • Caregiver leaves to do errand during session  
|                          | • Stay in own room while caregiver does laundry in the basement  
                         • Stay home while caregiver walks around the block  
                         • Stay home while caregiver runs errand  
                         • Attend school for part of the day without parent  
                         • Fake sleep over |
| **Social Phobia**        | • Ask front desk for pencil  
                         • Conduct survey in waiting room or with staff  
                         • Give a speech/read poetry to counselor  
                         • Walk around office looking messy  
                         • Walking with toilet paper on shoe  
                         • Wearing 2 different socks of different colors  
                         • Intentionally trip in the waiting room when others are around  
|                          | • Answer phone at home  
                         • Trip in front of someone  
                         • Raise hand in class  
                         • Say hello to new student or student doesn't know  
                         • Ask someone what they did over the weekend  
                         • Sit with new student in lunch room  
                         • Ask to sit next to kid on bus  
                         • Ask a friend to come over  
                         • Ask a “dumb” question in class or a question they already know the answer to  
                         • Smile and make eye contact with 3 different people a day  
                         • Order something at restaurant/coffee shop  
                         • Buy something at a store and then return it immediately |
| **Generalized Anxiety**  | • Caregiver is late picking up child from session  
                         • Walk around house outside at night in yard  
                         • Jump into deep end of pool  
                         • Read stories of bad things in the newspaper  
|                          | • Drop school books on ground  
                         • Change rules of a game  
                         • Call a help line to get advice/opinion  
                         • Ride public transportation  
                         • Call friend to get class assignment  
                         • Call bus company to get schedule for local bus  
                         • Go on line and learn about thing client is afraid of  
                         • Watch the news live on TV |
| **Specific Phobia/OCD**  | • Touch dirty surface  
                         • Eat vomit jelly beans  
                         • Lick shoe  
                         • Crawl on the floor  
                         • Have bug crawl on arm  
                         • Bring in snake or bug to touch  
                         • Go up and down in office elevator  
|                          | • Open and shut door handles  
                         • Eat someone’s leftovers  
                         • Go up to top of building  
                         • Taking a shower by self  
                         • Put backpack on floor and then put it on bed  
                         • Lie down on bed in same clothes worn to school  
                         • Pet a friend’s dog |