Sample In Vivo Exposures

	In Office	Outside Office
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 news paper	• 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