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| **Graded Exposure Steps** |
| Name: | Age: | Date: |
| School: | Year level: |

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| **My School Attendance Goal** |
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| --- | --- |
| **My long-term goal is……** | **Anxiety Rating out of 10:** |
|  |  |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** | **9** | **10** |

*Graded Exposure Steps:*1. Break your long-term goal down into small achievable steps.
2. Predict your level of anxiety for each step and rate it out of 10.
3. Rank them in order from least to most anxiety provoking.
4. You will start your return to school journey with attempting the step with the lowest level of anxiety and gradually increase the challenge when you’re ready to attempt the next step.

Free Ladder Cliparts, Download Free Clip Art, Free Clip Art on Clipart  Library

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| --- | --- | --- |
| **No.** | **Steps** | **Anxiety Rating out of 10:** |
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**Some examples of graded exposure steps could include:**

Driving past the school

Doing homework

Walking through the gates of school when other students are in classs

Attending Science Class

Walking through the gates of school when students are in the yard

Walking past school

Attending school for a whole day

Meeting with a teacher of choice at school

Meeting with a student of choice at school

Talking with other students during break-time

Walking around the school grounds outside of school hours

Working with students in class

Completing school work at home

Performing a classroom presentation

Attending Maths Class

Attending PE

Attending History/SOSE class

Doing private study in the library

Reading a book in the library

Asking for help from a teacher in class

Attending school for morning classes

Sitting tests/exam papers at school

Attending school for afternoon classes

Wearing my school uniform

Meeting with a teacher outside of the school environment

Meeting with a school friend outside of the school environment

Emailing a teacher

Sharing lunch with a friend at school

Walking around the school grounds when students are in class