

FACING YOUR FEARS

FEARS OF JUDGEMENT AND NEGATIVE EVALUATION

- Talk to classmate before or after class
- Ask or answering personal questions
- Make a telephone call (e.g., to a store, service provider, an old friend)
- Make small talk (e.g., at the grocery store, in line at a movie, at the bus stop)
- Initiate conversation with potential romantic interest
- Ask someone out on a date
- Sign up for an online dating account and initiate conversations
- Eat messy foods in public (e.g., spaghetti, chicken wings)
- Report to group of work colleagues or at school
- Express opinion at meeting or group discussion
- Answer questions in front of a group
- Write on the white board in the group
- Lead a meeting
- Tell a story at a party
- Make a toast at wedding
- Read in front of others
- Complete a form (e.g., rental agreements, registration form, job application form, passport application)
- Sign name on credit card form
- Take notes in front of others
- Play a sport or other leisure activity (e.g., working-out at gym; playing pool).
- Pay with change when purchasing at a store
- Have a casual conversation with boss
- Ask for and justify a raise/promotion
- Refuse an unreasonable request
- Ask someone for help (e.g., moving, moving a piece of furniture, for a drive)
- Go into a store, try on several items, don't purchase anything

- Give constructive criticism/feedback to others
- Offer an opinion that is different from someone else
- Share an opinion on a controversial topic (e.g., politics, animal research, cloning)
- Initiate an initial contact to inquire about work
- Apply for jobs and go to interviews (even if you're not interested in the jobs)
- Do a mock job interview (e.g., with a group facilitator or another staff member)
- Buy one Timbit from Tim Horton's
- Do interceptive exposure exercises in a public place
- Leave the house without make-up on
- Leave the house wearing sweatpants/PJs
- Leave the house without showering
- Go in public with a band aid on your face
- Wear mismatched socks to a party
- Ask the bus driver whether the bus goes to X location before getting on
- Go to a busy restaurant/food court/movies by yourself
- Post something on a social networking website (e.g., status update on facebook)
- Ask a stranger to take your photo
- Send a meal back at a restaurant
- Ask someone for a quarter
- Ask your neighbor for some sugar
- Introduce yourself to your neighbour
- Call a hotel and ask questions about location, rates, services etc. Don't book anything
- Volunteer somewhere (e.g., animal shelter, hospital, homeless shelter)
- Call into a live talk show
- Call out to someone across a crowded mall/street
- Hum to yourself when out in public
- Ask someone to quiet down at the theatre
- Ask a restaurant/office to change the TV channel
- Sing in a karaoke bar

- Play sports in a public area
- Be videotaped while doing something (e.g., working out)
- Fill out forms in public
- Invite someone over without cleaning up first
- Do a zoom call in a messy part of your house

SOCIAL MISHAP EXPOSURES

- Ask for the time in a location where there is a clock in an obvious place
- Ask for directions to an obvious location (e.g., where is the park while standing in front of park)
- Incorrectly answer a question in class
- Button your shirt incorrectly
- Wear your shirt inside out
- Intentionally mispronounce a word during a conversation
- Drop a handful of coins/papers in a public place
- Pay with change and drop it while paying
- Buy, and minutes later, return the same book
- Make a reservation at a fancy restaurant and cancel it a few minutes later
- Attempt to purchase an item without sufficient money
- Engage a stranger in a conversation while trying to be as boring as possible or making foolish statements
- Walking on a busy street with the zipper of the pants wide open
- Walk around with toilet paper hanging out of your shirt
- Splash water in your armpits or on your forehead to simulate sweating
- Intentionally make a grammatical mistake in an email/on a social networking site (e.g., use they're instead of their)
- Order something that is clearly not on the menu (e.g., pizza at Tim Horton's)
- Make a spelling/grammar mistake in a card for someone
- Ask for a refill at Starbucks
- Arrive late to class and sit at the front of the room
- Go to the gym and ask the employee how to turn on the treadmill

- Ask someone to give you a drive to a neighbouring town
- Ask for a discount at a store
- Ask a stranger to give you a compliment
- Tell a joke to a stranger on the bus
- Make prolonged eye contact with someone

FEARS OF PHYSICAL SYMPTOMS OF ANXIETY/PANIC ATTACKS

SITUATIONAL

- Drive (on highway, left lane away from exits, middle seat in back of car, on unfamiliar roads)
- Use public transit
- Go to a crowded Place (mall, concert, Costco, Walmart)
- Shop at busy stores/malls
- Go to the movies (opening night; sit in middle of the aisle)
- Go to an unfamiliar restaurant
- Order something different from a menu
- Sit on the inside of a booth at a restaurant
- Take a ferry/boat ride
- Go to the hairdresser
- Wait in a long line (Tim Horton's, Walmart, grocery store)
- Look up at the sky
- Go on a roller coaster or amusement park ride
- Have a sleep over at someone's house
- Go somewhere without your cell phone
- Take scuba diving/snorkeling lessons
- Go for a walk far from home (leave all safety items behind)
- Go for a walk in an unfamiliar place (leave all safety items behind)
- Take a trip out of town
- Go to a sporting event
- Go to a concert

- Stay home alone
- Make a dentist appointment
- Go into an enclosed space (elevator, closet, small room, tunnel)
- Find an open space (parking lot, park, beach, bridge)
- Go into a car wash
- Go into a cafeteria/food court
- Look over the edge of a balcony
- Go to a loud, busy place (e.g., University Campus, mall on a weekend, bus station)
- Do aerobics/go to the gym
- Watch horror movies
- Lift weights (or other) heavy objects
- Use a sauna/hot tub
- Go hiking
- Participate in sports
- Go on a hot air balloon ride
- Watch exciting movies or sporting events
- Stop an elevator between floors (if there is no alarm)
- Get into the trunk of a car (with someone outside the car to help you)
- Wrap self tightly in blankets
- Sit in a locked car and give a helper the keys (so that alarm will go off if you leave)

INTEROCEPTIVE

- Run up a flight of stairs or on the spot
- Shake head from side to side
- Breathe through a narrow straw
- Hyperventilate (i.e., pant like a dog)
- Sit with your head covered by a blanket/coat
- Walk outside in intense heat
- Sit in a stuffy room (e.g., a room with a space heater on full blast, sauna)

- Have a hot bath or go in a hot tub
- Sit in hot stuffy room
- Drive in hot stuffy cars
- Walk outside in very cold weather
- Wear something around your neck (e.g., scarf, tie)
- Spin around on a chair
- Dance
- Eat heavy/spicy meals
- Place tongue depressor (or a spoon) on back of tongue (i.e., trigger your gag reflex)
- Drink caffeinated beverages
- Drink a hot drink
- Eat chocolate
- Bend over for 30 seconds and then sit up quickly
- Look up at the sky and clouds
- Drink diet beverages
- Read while riding in a car
- Tense all the muscles in your body
- Wear a mask
- Hyperventilate or exercise while wearing a mask

OBSESSIONS AND COMPULSIONS

- Use public restrooms (e.g., at hospital, in mall)
- Touch the toilet seat
- Eat food off the floor
- Touch a baby changing station
- Touch elevator buttons
- Touch hand railings
- Sit on the floor
- Take garbage out and don't wash hands
- Touch garbage can in public place (e.g., at hospital, in mall)

- Touch counter tops/faucets in public bathrooms
- Touch tables in food court
- Touch public door handle, then touch face
- Touch the bottom of your shoe
- Don't wash hands after using the bathroom
- Touch public door handle before eating
- Sit on public toilet seat
- Eat meal without washing/sanitizing hands before
- Eat food (e.g., milk/chicken) that is a day or two past expiry date
- Use someone else's cell phone
- Shake hands with a stranger
- Use slow cooker while away from home
- Turn on oven to pre-heat, go to another room for 20 minutes
- Send email without re-reading it
- Leave hair dryer plugged in over night
- Turn stove off with non-dominant hand/eyes closed
- Lock doors with non-dominant hand/eyes closed
- Deliberately make a mistake in an email
- Leave lights on while away
- Wear two different socks
- Wear two different shoes while running an errand
- Carry crumpled Kleenex in your purse
- Put crumbs/wrappers in your purse
- Make hanging pictures crooked
- Place objects on coffee table at random angles
- Set one clock in the house to the wrong time
- "Mess up" books on bookshelves
- Put foods in cupboard in random order (e.g., upside down, backward)
- Write crooked in a card for someone

- Mail a letter with stamp upside down
- Scribble/doodle all over your group manual
- Intentionally make a grammatical error (e.g., use their instead of they're)
- Write statement wishing harm on a loved one
- Imagine harming a loved one
- Use knife near loved one
- Hold knife around other people
- Hold knife to a picture of loved one
- Say "I wish [bad thing] would happen to [loved one]."
- Walk down street with pocketknife in pocket
- Write statement wishing harm on a stranger
- Walk down street with word "knife" on paper, in pocket
- Say that you wish something bad would happen to your therapist
- Offer to baby sit a friend/family member's child
- Look at pictures of children (fears of being a pedophile)
- Go to a park (fears of being a pedophile)
- Walk by a school (fears of being a pedophile)
- Write the word gay (fears of being homosexual)
- Go to the gym and use the change room (fears of being homosexual)
- Look at pictures of the same sex (fears of being homosexual)
- Touch glass in public places (fears of being chemicals)
- Visit a garden center/greenhouse and touch the plants/soil (fears of being chemicals)
- Use a cleaning product as directed (fears of being chemicals)
- Carry around a bounty sheet (fears of being chemicals)
- Touch blood (e.g., animal blood)
- Touch urine
- Touch bed with "unclean" hands
- Carry a pocket knife in busy places
- Leave the house for 10 minutes while oven is on

- Turn the stove on and off and then leave the house
- Deliberately write/think "I hate God"
- Vividly imagine hurting a loved one
- Write upsetting thoughts down on paper
- Look at photos of nude men/women
- Wish for a loved on to die
- Watch a movie about the devil
- Try to make planes crash by using your mind
- Read biographies of serial killers/pedophiles
- Attempt to stop your therapists heart or wish something bad to happen to them

EXCESSIVE WORRY AND DIFFICULTY TOLERATING UNCERTAINTY

- Go to a restaurant you've never been to before and order something new
- Randomly select a restaurant and go eat there (e.g., using Urban Spoon app)
- Go somewhere without your GPS
- Delegate a task
- Don't check an email before sending
- Say yes to all unexpected invitations when possible (be spontaneous)
- Go to the grocery store without a list
- Write a worry script
- Watch/read the news
- Go the movie theatre and watch whatever movie happens to be playing (don't look in advance)
- Go to Toronto for the day and don't plan your activities out in advance
- Go to restaurant without reservations
- Take a new route on your drive or walk to work, school, the store, etc
- Go for a walk and leave your purse/phone at home
- Make an online purchase without hesitating, researching, deciding between two options, etc.
- Make a purchase without asking anyone's opinion

- Try wearing new colour or new style that you normally avoid. Do not ask for reassurance about whether you “look okay”
- Get a haircut and tell the stylist to do what they’d like
- Go to a nail salon and ask the beautician to pick the nail polish colour
- Get on a bus without knowing the destination
- Spend a weekend day or day off without a plan (or even an hour!)
- Complete chores/tasks around the house without making a list
- Spend some time doing nothing productive (i.e. have a long bath, sit and enjoy a hot drink, etc)
- Drive to a new destination or less familiar one without using GPS, google maps, etc
- Post something to social media (comment, picture, etc) (resist urge to check for reassurance –i.e. comments and likes)
- Make a phone call (or send text, email) you’ve been putting off to an old friend, asking for information, making a doctor’s appointment, etc.
- Call different stores and ask for information (i.e. about hours of operation, for certain products, if they are hiring)
- Go to a new restaurant
- Order a new food item that you haven’t tried before
- Ask a friend or family member order something from a menu for you
- Ask a friend or family member to “kidnap” you for a morning, afternoon or entire day and take you to a surprise location without giving you any details beforehand
- Buy a friend or family member a coffee or snack without asking first what they like and then resist the urge to seek reassurance
- Throw out a roll up the rim cup without rolling up the rim
- Buy a lottery ticket and without checking it, throw it in the garbage or leave it somewhere public
- Try a new activity (i.e. batting cages, rock climbing, paint night, yoga class)
- Ask another family member to complete a task/chore (i.e. cleaning the bathroom, cooking dinner) without providing instruction or double-checking and “re-doing” it afterwards
- Go to bed without double-checking (door locks, stove, appliances, children sleeping, etc)

- Leave belongings in your car (phone, wallet, etc)
- Leave belongings with someone else
- Leave belongings at home for a short outing
- Ask family/friends NOT to check in with you after they've arrived somewhere
- Resist texting or calling a friend or family member after they've left you to ensure they've arrived at their destination
- Allow someone else to drive while you ride as a passenger
- Drive on the highway
- Open an online dating profile and post a picture
- Ask someone on a date
- Invite a friend or co-worker out for dinner or coffee after work
- Make firm plans with a friend later in the week without indicating that you might have to cancel
- Leave front door unlocked (if neighborhood is reasonably safe)
- Ask family members not to tell you where they are going
- Invite someone over without cleaning up first
- Drive with a nearly empty gas tank

PERFECTIONISM

- Send an email/text without reading it over for spelling mistakes or typos
- Purposely send an email or text with spelling mistakes or typos
- Walk around in a public area with something on your shirt or face or with shirt untucked, etc so as not to look perfect.
- Walk around in public place with hair untidy or without makeup on
- Practice parking in a parking lot or parallel parking on the street/purposely park car taking up another space or crookedly
- Greet someone by the wrong name
- Go in public wearing sweatpants/PJs
- Make a typo on a test/assignment/project
- Show up to an appointment 15 minutes late
- Leave a visible area somewhat messy

- Intentionally leave several awkward silences during lunch with a friend/coworker
- Try to buy something without enough money to pay for it
- Ask for a new coffee claiming that yours tastes bad
- Lose your train of thought during a presentation
- Intentionally wear clothing that clashes
- Leave the dishes overnight
- Fold socks the “wrong” way
- Throw all of your socks/underwear in a drawer without folding
- Go out with wrinkly clothing on
- Update your facebook status with a typo
- Give cashier the wrong change
- Lose your train of thought and stop talking mid-sentence
- Mispronounce a word on purpose
- Ask for an item at a store that they obviously don’t sell (ask if you can buy a lawnmower at the grocery store)
- Ask if a store sells an obvious item (ask if you can buy tires at Canadian Tire)
- Purposely say something that is factually incorrect (e.g., cats are not mammals)
- Ask for the location of an obvious place (e.g., ask for the location of Tim Hortons while standing in front of it)
- Rearrange food in kitchen so they are a “mess”
- Brush my teeth the wrong way
- Leave a piece of paper garbage beside the garbage can
- Make your furniture crooked
- Make hanging pictures crooked
- Put up a picture frame with the stock photo still in it

FEARS ABOUT HEALTH/ILLNESS

- Read stories about diseases/illnesses
- Watch videos about diseases/illnesses
- Watch videos about surgeries
- Watch the news or read a newspaper
- Visit your doctor for a check-up/physical (if this is something you're avoiding)
- Tell your doctor about concerning symptoms (if you have some)
- Read obituaries
- Write your own obituary
- Write a will
- Visit a hospital
- Walk by a funeral home
- Visit a relative/friend who is sick or has recently been sick
- Eat an unhealthy meal
- Watch medical TV shows (e.g., Grey's anatomy, House, ER)
- Visit a hospital/medical clinic
- Go to the drugstore and have your blood pressure taken
- Induce physical symptoms (i.e., interoceptive exposure; see above)
- Eat foods 1-2 days past their expiration date
- Go somewhere without your phone/medications
- Go out without hand sanitizer
- Eat without washing your hands
- Stop monitoring bodily symptoms (unless recommended by your doctor)

FEAR OF VOMITTING

- Look at pictures of vomit
- Listen to sound clips of people vomiting
- Look at videos of people vomiting (google stomach flu, ipecac, throwing up etc.)
- Watch a movie with a vomit scene. Here are some ideas:
 - o Pirates of the Caribbean: Dead Man's Chest
 - o Mission: Impossible (1996)
 - o Colombiana
 - o Problem Child 2
 - o Ace Ventura: Pet Detective
 - o Seven (1995)
 - o Kingpin
 - o Kingsman: The Secret Service
 - o I Love You, Man
 - o Dead Alive
 - o I Heart Huckabees
 - o Monty Python: The Meaning of Life
 - o The Rules of Attraction
 - o The Exorcist!
 - o Super Troopers
- Play with fake vomit (available on Amazon and in various novelty stores)
- Make your own vomit (recipes available online)
- Eat avoided foods
- Spin around to induce feeling nauseous
- Go on amusement park rides
- Read in the car
- Use a tongue depressor to trigger gag reflex
- Visit the hospital or sick people
- Write an imaginal story about actually vomiting

- Say/write the word vomit
- Spit in a toilet
- Sit by a toilet as if vomiting
- Eat food you have not prepared yourself
- Clean up pet/child vomit
- Look at and rate vomit photos on Rate My Vomit (<http://www.ratemyvomit.com/>)

FEAR OF ANIMALS

- Look at pictures of feared animal
- Listen to sound clips of animal sounds
- Look at videos of feared animal
- Look at a close up photo of the animals face
- Watch a movie about feared animal (e.g., Arachnophobia for a fear of spiders)
- Visit a pet store
- Read stories or news articles about the feared animal
- Visit a friend with a feared animal
- Look for animals in the wild (e.g., bugs/spiders etc.)
- Sit in a place where you could encounter the animal (e.g., go for a hike, visit a dog park)
- Touch a stuffed/plastic animal/toy of the feared animal
- Hold animal in a container (e.g., carrying case, jar)
- Hold the feared animal
- Touch the feared animal that is held by someone else
- Write out the word of the feared animal
- Have a dog lick your face
- Attend a pet expo

FEAR OF FLYING

- Look at pictures of planes/flights
- Listen to sound clips planes flying
- Watching videos of airplanes flying
- Watch videos of airplanes taking off/landing
- Imaginal exposure to regular or turbulent flights
- Visit an airport
- Drive a friend to the airport

FEAR OF HEIGHTS

- Climb a ladder
- Look out a window
- Walk/drive across a bridge
- Look over the edge of a balcony
- Walk a trail that has tall look outs
- Look over a tall cliff
- Ride a Ferris wheel
- Go on a rollercoaster
- Go rock climbing
- Jump on a trampoline
- Go hiking on a tall mountain
- Go on a see-saw
- Play on a jungle gym
- Jump off a diving board
- Stand on the observation deck/glass floor of the CN tower

FEAR OF BLOOD, INJECTIONS, OR INJURY

- Get a flu shot
- Get a needle from a pharmacy and hold it/push it against your skin
- Have someone swab arm with alcohol
- Go with someone who is getting an injection
- Expose self to rubbing alcohol
- Read about someone getting a needle
- Go to the dentist
- Watch videos of needles/injuries
- Use a tourniquet on your arm
- Prick yourself with a lancet
- Touch blood (e.g., animal blood)