

KEY STRATEGY 4: Facing the fears in a graded way (e.g. with separation anxiety)

Goal	Helpful thought	Reward
<p>Ultimate Goal: to play upstairs on my computer for half an hour when Mum is downstairs</p> <p>Step 7: to read or play in my bedroom for ten minutes with Mum anywhere downstairs</p> <p>Step 6: to read or play in my bedroom for five minutes with Mum in the kitchen</p> <p>Step 5: to read (or play) in my bedroom for five minutes with Mum at the bottom of the stairs</p> <p>Step 4: to stay on the landing and read a book for five minutes with Mum downstairs in the kitchen</p> <p>Step 3: to stay on the landing and read a book for five minutes with Mum downstairs</p> <p>Step 2: to go to the top of the stairs and on to the landing with Mum at the bottom of the stairs</p> <p>Step 1: to go to the top of the stairs with Mum at the bottom of the stairs</p>		<p>a day trip to a theme park</p> <p>go ice-skating</p> <p>go swimming</p> <p>have Charlie round for tea</p> <p>a new book</p> <p>choose a DVD to hire</p> <p>two stickers</p>