

Graded Exposure for Social Connection

Describe a social situation (goal) would you like to build towards:

Plan the gradual steps you can take to get there

	When	What I will try	How I will self-soothe
Step 1.			
<i>Reflections</i>			
Step 2.			
<i>Reflections</i>			
Step 3.			
<i>Reflections</i>			
Step 4.			
<i>Reflections</i>			
Goal.			
<i>Final Reflections</i>			