

# Exposure Bingo

Sometimes overcoming a fear takes directly facing it by changing our behaviors!

## Directions

1. Identify a fear you're looking to overcome (hint: think of something difficult to do that you tend to avoid).
  - Fear: \_\_\_\_\_
2. Create a list of activities you can do to confront your fear. You can pull these from your fear ladder if you've made one!
3. Place items from your fear ladder in bingo card spaces.
  - Be sure to engage in activities of varying difficulty.
  - Depending on duration of and difficulty level of your specific goal/activity, your bingo card may be used in one session or day, or may be used over several weeks.
4. Set a goal: Get 5 spaces in a row to win OR cover the full card to win.
5. Identify a reward.
6. Practice, practice, practice! If you get one bingo, maybe you can try to get another!

To get the full benefit from exposure, exposure activities need to be repeated frequently. To accomplish this repetition, you can use an exposure bingo card in different ways:

1. You might use the bingo card for only one exposure task, such as talking to people you don't know, and fill the bingo card with different ways to practice one exposure task.
2. You could list how many times an exposure task needs to be completed for it to count for a square, such as "raise my hand in class five times."
3. You can list important exposure practices in multiple squares on the bingo card.
4. In the bingo cards below, you'll see each strategy for making sure there is repetition in your exposure practice.

**\*Note:** The cards below are examples and should be adjusted based on each individual's targets. If an exposure task does not elicit anxiety, it isn't worth doing! We have to feel it to heal it.

**Fear:** \_\_\_\_\_

**Goal:** Face your fear, practice exposure, and get a BINGO!

**How:** Complete exposure tasks until you have 5 spots filled in a row, then work to fill the card!

B	I	N	G	O
		FREE SPACE		

**Fear:** Talking to people I don't know well

**Goal:** Face your fear, practice exposure, and get a BINGO!

**How:** Go to a safe public place (with an adult, if appropriate) and ask random people questions until you get 5 spots filled in a row, then work to fill the card! When someone fits each space's criteria, have them sign their name on the blank line.

B	I	N	G	O
Has a first name that starts with the letter M or S	Is between the ages of 14 and 17	Has a pet dog	Has an iPhone	Likes pizza
Knows a joke and tells it to you	Has a birthday in the same month as you	Has a birthday this month	Has a different eye color than you	Works at least part-time
Goes to a local high school (which one)?	Has been camping this year	<b>FREE SPACE</b>	Likes working on cars	Has the same color shirt as you
Enjoys going to the beach	Has a pet cat	Has the same eye color as you	Likes spending time outside	Has gone fishing before
Has a computer at home	Likes candy	Wears the same size shoe as you	Went to a concert in the past year	Ate breakfast today (what did they have)?

**Fear:** Social Phobia

**Goal:** Face your fear, practice exposure, and get a BINGO!

**How:** Complete exposure tasks until you have 5 spots filled in a row, then work to fill the card!

B	I	N	G	O
Ask someone in a public space for the time	Debate someone	Sit somewhere new every day for a week	Give a group member a compliment	Sing a song in front of a group
Raise your hand in class 5 different times	Send an email with spelling errors three different times	Buy something at a gift shop using only coins	Ask to borrow someone else's cell phone	Call a store and ask for hours of operations
Stand on a table and say "my name is..."	Start a conversation with someone at a gift shop or store	<b>FREE SPACE</b>	Practice a job interview	Ask a nonsense question of an employee
Strike up a conversation with a classmate you never talk to	Call someone by the wrong name	"Accidentally" trip and fall in front of someone	Read a Shakespeare sonnet out loud	Maintain a conversation for 5 minutes
Call an acquaintance on the phone	Text a friend	Wear your shirt inside out	Drop items in front of a group of people three different times	Call to make a dinner reservation, then call back and cancel

**Fear:** Throwing up

**Goal:** Face your fear, practice exposure, and get a BINGO!

**How:** Complete exposure tasks until you have 5 spots filled in a row, then work to fill the card! Some exposures appear more than once on the card. You can give yourself credit each time you do the same exposure by marking it off in a new square.

B	I	N	G	O
Look at photos of vomit while eating something	Eat a food that reminds you of vomiting	Watch video of vomit	Pour vomit soup* between 2 containers	Practice dry heaving
Make a list of synonyms for vomit	Smell vomit soup*	Write about the worst things about throwing up	Google "vomit" and look at videos for 10 minutes	Eat a food that reminds you of vomiting
Spin around for 30 seconds or until dizzy	Google "vomit" and look at vomit gifs for 10 minutes	<b>FREE SPACE</b>	Save photo of vomit as the lock screen of your phone	Pour vomit soup* in the toilet
Watch video of vomit	Save photo of vomit as lock screen on phone	Eat a food that reminds you of vomiting	Play vomit app for 10 minutes	Go to a restaurant that reminds you of vomiting
Eat a food that reminds you of vomiting	Write about the last time you threw up	Put hand in vomit soup*	Look at photos of vomit	Watch video of someone vomiting

**\*Note:** What is vomit soup? Vomit soup is a mixture of canned soup, vinegar, milk and parmesan cheese. Leave it out overnight and mix it up so it smells and looks just like vomit!

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**Fear:** Germs or contamination (OCD)

**Goal:** Face your fear, practice exposure, and get a BINGO!

**How:** Complete exposure tasks\* until you have 5 spots filled in a row, then work to fill the card!

B	I	N	G	O
Contaminate a piece of cloth and carry the cloth around with you	Touch a keyboard that isn't yours	Use someone else's computer	Use hands to open and close stall door in public bathroom	Touch toilet/countertops in bathroom at home, then touch your clothes
Touch table in restaurant/food court	Touch items in a store	Use public toilet	Touch knob on bathroom door in public place	Contaminate a piece of cloth and carry the cloth around with you
Use pen at store/bank	Contaminate a piece of cloth, and carry cloth around with you	<b>FREE SPACE</b>	Sit on public bench and touch bench with hands	Touch toilet/countertops in public restroom
Use someone else's cell phone	Touch money (cash/coins)	Touch railing in public place, then touch your clothes	Touch garbage can in public place, then touch your clothes	Drink directly out of cup at restaurant
Touch garbage can in house	Touch a contaminated place (you choose)	Put both hands on the sidewalk or street	Contaminate a piece of cloth and carry the cloth around with you	Touch dirty dishes at home

**\*Note:** Do not wash/complete ritual following exposure. Some exposures appear more than once on the card. You can give yourself credit each time you do the same exposure by marking it off in a new square.

**Fear:** Uncertainty or imperfection (GAD)

**Goal:** Face your fear, practice exposure, and get a BINGO!

**How:** Complete exposure tasks until you have 5 spots filled in a row, then work to fill the card!

B	I	N	G	O
Arrive to an event or appointment 5-10 minutes late	Turn in a homework assignment with a question answered incorrectly	Delay responding to a text/email for one day	Be the planner for a group activity with friends	Take a new route to school, work, etc.
Allow a family member to leave without asking them to notify you when they get to their destination	Don't check your grades online for one week	Turn in a paper or assignment without proofreading	Go a whole day without checking in with parents via text or phone	Try a new sport with others that you have not played before
Leave your phone at home for one day	Tell someone no if they make a request of you	<b>FREE SPACE</b>	Ask your teacher for an extension on an assignment	Set your morning alarm for 15 minutes later than normal
Text someone early in the morning when it is possible they may be sleeping	Pay for a drink at a coffee shop with change	Stay off of social media for one day	Do your homework in a hurry without proofreading/checking it after	Send an email with a typo in it
Skip one extracurricular activity this week	Go somewhere new without first researching it online	Arrive to your first class 5 minutes late	Turn in an assignment one day late	Text a friend and then turn off your phone for one day