

# Appendix 2

## Additional Hierarchies\*

Use the following hierarchies as guidelines for attaining your own goals. You may want to add steps or develop your own hierarchies. Space is left between the steps of each hierarchy for adding in additional steps.

Remember to repeat each step in the hierarchy until you become comfortable with it. *Do not advance to the next step until you are comfortable with all of the preceding steps.*

### *Being in a Supermarket*

1. With your partner, sit in the parking lot and look at the store.
2. With your partner, walk to the door and remain there for one to five minutes.
3. Without your partner, walk in and out of the door. (In steps 3–8, have your partner wait outside the store.)
4. Walk to the checkout area alone.
5. Walk to the first aisle alone.
6. Walk one-quarter of the way to the back of the store alone.
7. Walk halfway to the back of the store alone.
8. Walk all the way to the back of the store alone.
9. With your partner, remain in the back of the store for one to five minutes.
10. Remain in the store, browsing in different areas, alone, for five to ten minutes.

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\* These additional hierarchies are adapted from the *TERRAP Program Manual*, Menlo Park, CA: TSC Publications, 1986, with the permission of Dr. Arthur B. Hardy.

### *Shopping in a Supermarket*

Work through the steps first with your partner accompanying you or waiting outside the store. Then repeat on your own.

1. Spend five minutes in the store alone, browsing.
2. Purchase one item through the express line (with no more than one person ahead of you).
3. Purchase two to five items through the express line (with no more than one person ahead of you).
4. Purchase six to ten items through the express line (with one to three people ahead of you).
5. Purchase two or three items through the regular checkout line (with one or two people ahead of you).
6. Purchase five to ten items through the regular checkout line (with two to four people ahead of you).
7. Purchase ten or more items through the regular checkout line.
8. Select ten or more items and change checkout lines while waiting to purchase them.
9. Purchase ten or more items through the regular checkout line and ask the clerk to take back one item you've decided you don't want.
10. At a different supermarket, purchase ten or more items through the regular checkout line (with two to four people ahead and behind).

### *Riding As a Passenger in a Car*

1. Sit in a car for one to five minutes with your partner in the driver's seat.
2. Ride, with your partner driving, for one block.
3. Ride with your partner in a residential area for ten to fifteen minutes.
4. Ride with your partner on a minor arterial for five to ten minutes.
5. Ride with your partner on a major arterial for ten to fifteen minutes.
6. Ride with your partner on the freeway for ten to fifteen minutes.
7. Ride with your partner on the freeway in heavy traffic.
8. Ride with your partner on a curving, mountainous road.
9. Do all of the above with a less familiar person driving.
10. Extend the distance that you ride away from home.

### *Driving with a Partner As Passenger*

1. Sit in a car for one to five minutes, with your partner in the passenger seat.
2. Drive one block, making smooth stops and starts.
3. Drive in a residential area, making right turns.
4. Drive in a residential area, making left turns.
5. Drive in the right lane of a minor arterial.
6. Drive on a minor arterial, making left turns at a stop sign or traffic light.
7. Drive on a major arterial in the right lane.
8. Drive on a major arterial, changing lanes and making left and U-turns.
9. Drive on the freeway in the right lane for one to two exits.
10. Drive on the freeway, changing lanes and passing cars for two to five exits.

### *Driving Alone*

When you practice driving alone, first have your partner follow you in another car as you go through the steps. When you feel comfortable, have your partner wait for you at your pre-established destination and then follow you back home. When you're comfortable with this, then practice by yourself.

1. Sit in the car for one to five minutes alone.
2. Drive one block, making smooth stops and starts.
3. Drive in a residential area, making right turns.
4. Drive in a residential area, making left turns.
5. Drive in the right lane of a minor arterial.
6. Drive on a minor arterial, making left turns at a stop sign or traffic light.
7. Drive on a major arterial in the right lane.
8. Drive on a major arterial, changing lanes and making left and U-turns.
9. Drive on the freeway in the right lane for one or two exits.
10. Drive on the freeway, changing lanes and passing cars for two to five exits.

## *People*

1. Go to a street or mall where there are stores and look around.
2. In the same area, look at the people walking around.
3. In the same area, pick out one person and look at what that person is doing.
4. In the same area, pick out one person and look at what that person is wearing.
5. In the same area, pick out one person and make eye contact.
6. In the same area, pick out one person and smile, making eye contact.
7. In the same area, go into a store and make eye contact with the clerk and smile.
8. In the same area, go into a store and talk to a clerk, making eye contact and smiling.
9. In the same area, pick out a person, go over, smile, make eye contact, and ask the person a question, such as what time it is.
10. In a different area, pick out a person, go over, smile, make eye contact, and ask the person a question.

## *Crowds*

1. With your partner, approach a small store with a few people inside.
2. With your partner nearby, remain in the small store for two to five minutes.
3. Approach and enter a small store alone for five to ten minutes.
4. With your partner, approach a busier store (such as a department store) and remain for one to five minutes.
5. Approach a crowded store alone (or with your partner waiting in the car), and remain nearby for five to ten minutes.
6. With your partner, approach a large shopping center and go inside and out for five to fifteen minutes.
7. Approach and enter a store in a large shopping center and browse for five to fifteen minutes. Do this with your partner, then alone.
8. Approach and enter a large department store in a shopping mall and browse for five to fifteen minutes. Do this with your partner, then alone.
9. Attend a small sporting event, party, or concert with your partner.
10. Attend a larger sporting event, party, or concert with your partner and then try steps 9 and 10 alone.

## *Groups*

1. With your partner, join a small group of acquaintances and remain five to ten minutes, participating only minimally (for example, commenting on the weather).
2. Without your partner, join a small group of acquaintances and remain ten to thirty minutes, participating only minimally.
3. With your partner, enter into conversation with one or two friends for five minutes.
4. With your partner, talk with two to four people for five to ten minutes.
5. Talk with one to three friends in a group alone.
6. With your partner, talk with a less familiar person or a total stranger for one to five minutes.
7. Talk with some less familiar people alone for five to ten minutes (such as people you see every day around your place of work, but aren't acquainted with personally).
8. Enter a larger group of people with your partner and talk with them for five to fifteen minutes.
9. Enter a larger group of people without your partner and talk with them for ten to thirty minutes. (You'll probably have to search around for an opportunity like this. A church social, a group meeting such as Al-Anon, and a community college seminar would all be possibilities.)
10. Enter a larger group of people without your partner and give a short presentation on some topic on which you have some expertise.

## *Restaurants*

1. With your partner, drive around the outside of a restaurant.
2. With your partner, sit in the restaurant parking lot for one to five minutes.
3. With your partner, enter the restaurant, stand inside for thirty to sixty seconds, then leave.
4. Enter the restaurant alone, stand inside for one to two minutes, then leave.
5. Enter the restaurant alone, select a table near the door, and order a beverage.
6. Enter the restaurant alone, select a table near the door, and order one item of food.
7. After ordering food, wait for it to arrive and eat it.
8. Enter the restaurant alone, select a table away from the door, and order a beverage.

9. Enter the restaurant alone, select a table away from the door, and order a small meal; wait for it and eat it.
10. Enter a larger restaurant, select a table away from the door, order a small meal, wait for it, and eat it.

### *Elevators*

1. Approach an elevator with your partner; look at it, and then retreat.
2. Walk with your partner into an elevator with the door remaining open (have your partner make sure the door remains open).
3. Walk with your partner into an elevator and allow the door to close.
4. With your partner, ride up one floor and then return to the ground floor.
5. With your partner, ride up two or more floors and then return to the ground floor.
6. Ride up two or more floors with your partner and exit the elevator at the second or higher floor. Then return, using the elevator, to the ground floor.
7. Ride up two or more floors alone with your partner waiting at the floor where you exit the elevator.
8. Ride up two or more floors alone with your partner waiting on the ground floor.
9. Ride the elevator two or more floors while your partner is somewhere else in the building. (Repeat steps 4–9 going to progressively higher floors.)
10. Ride the elevator alone for two or more floors without your partner being available.
11. Ride a less familiar elevator alone, without your partner being available.

### *Bridges*

1. With your partner driving, approach a short bridge, stop, walk around, and look at the bridge.
2. With you driving, approach a short bridge, stop, and look at the bridge.
3. With your partner driving, drive across the same short bridge and return.
4. With you driving, drive across the same short bridge and return.
5. With your partner following in another car, drive across the same bridge and return.
6. With your partner waiting at one end of the same bridge, drive across the bridge. Have your partner move to the other end of the bridge, and then return.

7. Without your partner around, drive across the same bridge and return.
8. Repeat the above procedure with a longer and/or higher bridge.

### *Buses and Trains*

This hierarchy is described for buses but can be used in the same manner for trains.

1. With your partner, ride on a bus for one stop, sitting on the aisle near the door.
2. With your partner, ride the bus for two to five stops, sitting on the aisle near the door.
3. With your partner, ride the bus for five or more stops, sitting in the back of the bus.
4. With your partner following in a car, ride the bus one stop, sitting on the aisle near the door.
5. With your partner following in a car, ride the bus for two to five stops, sitting on the aisle near the door.
6. With your partner following in a car, ride the bus five or more stops, sitting in the back of the bus.
7. Alone, without your partner following, ride the bus one stop, sitting on the aisle near the door.
8. Alone, without your partner following, ride the bus two to five stops, sitting on the aisle near the door.
9. Alone, without your partner following, ride the bus two to five stops, sitting in the back of the bus.
10. Alone, without your partner following, ride the bus more than five stops, sitting in the back of the bus.

### *Dentists and Doctors*

This hierarchy is designed for people with a fear of dentists but can be used in the same manner for doctor phobias.

1. With your partner, walk in and out of a dentist's office.
2. With your partner, sit in the waiting room for two to five minutes.
3. With your partner, sit in the waiting room for ten to fifteen minutes.
4. Make an appointment with the dentist just to talk to him or her for five to ten minutes. Tell the dentist about your problem and explain that you are trying to desensitize yourself. Ask for his or her cooperation.

5. With your partner, sit in the dentist's chair five to ten minutes without the dentist being in attendance, then leave.
6. With your partner, sit in the dentist's chair ten to twenty minutes without the dentist being in attendance, then leave.
7. Make an appointment with your dentist to just look in your mouth, and not to do any work, with your partner staying with you.
8. Make an appointment with your dentist to clean your teeth only, with your partner staying with you.
9. Make an appointment for the dentist to do more work while your partner is with you.
10. Repeat steps 7 through 9 without your partner.

### *Airports and Flying*

1. Approach the airport with your partner and drive around it.
2. Park in the airport garage or lot; remain, observing people, for five minutes.
3. Park in the airport lot, enter the terminal with your partner, and remain one to five minutes.
4. Enter the terminal alone and remain five minutes, browsing and observing.
5. Arrange to visit a grounded plane; enter with your partner. (If you can't arrange this with a commercial airline, try a small, private airport that offers flying lessons.)
6. Enter a grounded plane alone and remain inside for five minutes.
7. Enter a grounded plane with your partner and get buckled into a seat. Remain five minutes.
8. Enter a grounded plane alone, browse, and then stay buckled into a seat for ten to fifteen minutes.
9. Schedule a short flight (ten to thirty minutes) and go with your partner.
10. Schedule a longer flight and go with your partner.
11. Repeat steps 9 and 10 alone.

**Note:** Many areas have fear of flying programs that will take you through a hierarchy similar to the one above. Also, imagery desensitization can be helpful for fear of flying.