

# BE RIGHT BACK!

HOW TO OVERCOME SEPARATION ANXIETY  
AND REGAIN YOUR FREEDOM

# BASELINE ASSESSMENT PLANS

## Baseline Assessment: Less Than 30 Seconds

If your initial baseline assessment is less than 30 seconds, work on pre-departure cues or door desensitization training (see page 130 of *Be Right Back!* for an Example Plan.)

## Baseline Assessment: 30 Seconds

Drop any avoidable pre-departure cues (see page 99 of *Be Right Back!*), step out of the door for the following durations, and return.

STEP 1	2 seconds
STEP 2	10 seconds
STEP 3	5 seconds
STEP 4	15 seconds
STEP 5	5 seconds
STEP 6	25 seconds
STEP 7	15 seconds
STEP 8	10 seconds
STEP 9	20 seconds
STEP 10	30 seconds

Notes:

## Baseline Assessment: 50 Seconds

Drop any non-avoidable pre-departure cues (see page 99 of *Be Right Back!*), step out of the door for the following durations, and return.

STEP 1	10 seconds
STEP 2	5 seconds
STEP 3	30 seconds
STEP 4	5 seconds
STEP 5	25 seconds
STEP 6	10 seconds
STEP 7	15 seconds
STEP 8	20 seconds
STEP 9	10 seconds
STEP 10	50 seconds

Notes:

# BE RIGHT BACK!

HOW TO OVERCOME SEPARATION ANXIETY  
AND REGAIN YOUR FREEDOM

# BASELINE ASSESSMENT PLANS

PAGE 2

## Baseline Assessment: 1 Minute, 15 Seconds

Drop any avoidable pre-departure cues (see page 99 of *Be Right Back!*), step out of the door for the following durations, and return.

STEP 1	10 seconds
STEP 2	5 seconds
STEP 3	10 seconds
STEP 4	2 seconds
STEP 5	20 seconds
STEP 6	25 seconds
STEP 7	15 seconds
STEP 8	35 seconds
STEP 9	20 seconds
STEP 10	1 minute, 15 seconds

Notes:

## Baseline Assessment: 1 Minute, 45 Seconds

Drop any avoidable pre-departure cues (see page 99 of *Be Right Back!*), step out of the door for the following durations, and return.

STEP 1	5 seconds
STEP 2	15 seconds
STEP 3	10 seconds
STEP 4	30 seconds
STEP 5	5 seconds
STEP 6	15 seconds
STEP 7	45 seconds
STEP 8	20 seconds
STEP 9	10 seconds
STEP 10	1 minute, 45 seconds

Notes:

# BE RIGHT BACK!

HOW TO OVERCOME SEPARATION ANXIETY  
AND REGAIN YOUR FREEDOM

# BASELINE ASSESSMENT PLANS

PAGE 3

## Baseline Assessment: 2 Minutes, 15 Seconds

Drop any avoidable pre-departure cues (see page 99 of *Be Right Back!*), step out of the door for the following durations, and return.

STEP 1	10 seconds
STEP 2	20 seconds
STEP 3	15 seconds
STEP 4	5 seconds
STEP 5	30 seconds
STEP 6	10 seconds
STEP 7	50 seconds
STEP 8	15 seconds
STEP 9	20 seconds
STEP 10	2 minutes, 15 seconds

Notes:

## Baseline Assessment: 3 Minutes

Drop any avoidable pre-departure cues (see page 99 of *Be Right Back!*), step out of the door for the following durations, and return.

STEP 1	5 seconds
STEP 2	15 seconds
STEP 3	10 seconds
STEP 4	20 seconds
STEP 5	5 seconds
STEP 6	10 seconds
STEP 7	55 seconds
STEP 8	25 seconds
STEP 9	10 seconds
STEP 10	3 minutes

Notes:

# BE RIGHT BACK!

HOW TO OVERCOME SEPARATION ANXIETY  
AND REGAIN YOUR FREEDOM

# BASELINE ASSESSMENT PLANS

PAGE 4

## Baseline Assessment: 3 Minutes, 30 Seconds

Drop any avoidable pre-departure cues (see page 99 of *Be Right Back!*), step out of the door for the following durations, and return.

STEP 1	10 seconds
STEP 2	25 seconds
STEP 3	5 seconds
STEP 4	20 seconds
STEP 5	10 seconds
STEP 6	25 seconds
STEP 7	15 seconds
STEP 8	35 seconds
STEP 9	20 seconds
STEP 10	3 minutes, 30 seconds

Notes:

## Baseline Assessment: 5 Minutes

Drop any avoidable pre-departure cues (see page 99 of *Be Right Back!*), step out of the door for the following durations, and return.

STEP 1	10 seconds
STEP 2	5 seconds
STEP 3	25 seconds
STEP 4	30 seconds
STEP 5	10 seconds
STEP 6	15 seconds
STEP 7	20 seconds
STEP 8	1 minute
STEP 9	5 seconds
STEP 10	5 minutes

Notes:

# BE RIGHT BACK!

HOW TO OVERCOME SEPARATION ANXIETY  
AND REGAIN YOUR FREEDOM

# BASELINE ASSESSMENT PLANS

PAGE 5

## Baseline Assessment: 7 Minutes

Drop any avoidable pre-departure cues (see page 99 of *Be Right Back!*), step out of the door for the following durations, and return.

STEP 1	10 seconds
STEP 2	20 seconds
STEP 3	5 seconds
STEP 4	1 minute
STEP 5	15 seconds
STEP 6	2 minutes
STEP 7	15 seconds
STEP 8	35 seconds
STEP 9	20 seconds
STEP 10	7 minutes

Notes:

## Baseline Assessment: 10 Minutes

Drop any avoidable pre-departure cues (see page 99 of *Be Right Back!*), step out of the door for the following durations, and return.

STEP 1	5 seconds
STEP 2	15 seconds
STEP 3	3 minutes
STEP 4	10 seconds
STEP 5	5 seconds
STEP 6	20 seconds
STEP 7	1 minute
STEP 8	10 minutes

Notes:

# BE RIGHT BACK!

HOW TO OVERCOME SEPARATION ANXIETY  
AND REGAIN YOUR FREEDOM

# BASELINE ASSESSMENT PLANS

PAGE 6

## Baseline Assessment: 15 Minutes

Drop any avoidable pre-departure cues (see page 99 of *Be Right Back!*), step out of the door for the following durations, and return.

STEP 1	10 seconds
STEP 2	25 seconds
STEP 3	5 seconds
STEP 4	3 minutes
STEP 5	20 seconds
STEP 6	15 minutes

Notes:

## Baseline Assessment: 20 Minutes

Drop any avoidable pre-departure cues (see page 99 of *Be Right Back!*), step out of the door for the following durations, and return.

STEP 1	5 seconds
STEP 2	25 seconds
STEP 3	15 seconds
STEP 4	2 minutes
STEP 5	5 seconds
STEP 6	20 minutes

Notes:

# BE RIGHT BACK!

HOW TO OVERCOME SEPARATION ANXIETY  
AND REGAIN YOUR FREEDOM

# BASELINE ASSESSMENT PLANS

PAGE 7

## Baseline Assessment: 25 Minutes

Drop any avoidable pre-departure cues (see page 99 of *Be Right Back!*), step out of the door for the following durations, and return.

STEP 1	5 seconds
STEP 2	1 minute, 30 seconds
STEP 3	5 seconds
STEP 4	1 minute
STEP 5	30 seconds
STEP 6	25 minutes

Notes:

## Baseline Assessment: 30 Minutes

Drop any avoidable pre-departure cues (see page 99 of *Be Right Back!*), step out of the door for the following durations, and return.

STEP 1	10 seconds
STEP 2	45 seconds
STEP 3	5 minutes
STEP 4	30 seconds
STEP 5	30 minutes

Notes:





