



EXPOSURE HIERARCHY

Construct your fear ladder of anxiety provoking situations below. Make sure to put each situation in the appropriate category based on the amount of anxiety it causes you.

Anxiety Level (0-39%) – Mild:

- 1)
- 2)
- 3)
- 4)
- 5)

Anxiety Level (40-69%) – Moderate:

- 1)
- 2)
- 3)
- 4)
- 5)

Anxiety Level (70%-99%) – Severe:

- 1)
- 2)
- 3)
- 4)
- 5)

Anxiety Level (100%) – Situations that elicit panic attacks and/or are avoided:

- 1)
- 2)
- 3)
- 4)
- 5)