

## Exposure Hierarchy

Instructions: List items from most anxiety-provoking to least anxiety-provoking. Make sure to include several low-, moderate-, and intense-anxiety provoking situations. Rate the level of distress that you predict the activity will provoke on a scale from 0-100 to help you rank-order each item. You can refer to the sample worksheet in Part 8 for examples. Print out as many pages as you need.

Rank	Activity	Distress
1	<i>Asking someone on a date</i>	100
2	<i>Asking for the number of an attractive person</i>	100
3	<i>Striking up a conversation with an attractive person</i>	95
4	<i>Joining a group conversation at a party</i>	80
5	<i>Striking up a conversation with a stranger at a party</i>	75
6	<i>Going to a meetup where I don't know anyone</i>	75
7	<i>Asking a co-worker to do something social</i>	60
8	<i>Making small talk with a clerk at a store</i>	50
9	<i>Making small talk with my boss</i>	50
10	<i>Making small talk with a co-worker</i>	40
11	<i>Complementing a stranger</i>	30
12	<i>Asking a stranger for directions</i>	10