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

Copyright 2020 Cognitive Behavioral Therapy Los Angeles™ All Rights Reserved.
Permission granted to reproduce for personal use only.