

Fear Hierarchy

Create a ladder of situations or places that are frightening. At the top of the ladder put the situations/places you avoid which make you feel the most anxious. At the bottom of the ladder put situations or places you avoid which make you feel a little bit anxious. The middle is for the things that are in-between.

Give each step of the ladder an anxiety score or rating from 1-10 for how anxious you feel when in that situation. 1 being a little bit anxious and 10 the most anxious you feel. Always start at the bottom of the ladder, facing each fear until you get to the top.



Situations	Anxiety (1-10)
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____