

Hierarchy of Feared Situations

Keep a record of all the situations that make you feel anxious and then enter them into the form below – ranking them based on the level of distress they cause. In the last column, rate the intensity of the distress in each situation, from 0 (no distress) to 10 (maximum distress).

Rank	Describe the Situation	Do you normally avoid this situation? Yes /No	Distress level 0 - 10