

Exposure Hierarchy

Write down 5 to 10 situations that are likely to cause you panic or extreme anxiety. List them from hardest, 1, to easiest 10. Try to get at least 5.

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____

Exposure Hierarchy Sample

Write down 5 to 10 situations that are likely to cause you panic or extreme anxiety. List them from hardest, 1, to easiest 10. Try to get at least 5.

1. Going to a large concert
2. Going to a football game
3. Going shopping at Wal Mart at noon on Saturday by myself for 45 minutes
4. Going shopping at Wal Mart at noon on Saturday with my husband for 45 minutes
5. Shopping in a mall on Friday afternoon for 30 minutes
6. Going to Starbucks by myself at 8 am on a weekday and sitting down for 20 minutes
7. Going to Starbucks at 8 am on a weekday and ordering a drink
8. Eating breakfast at McDonalds at 10 am for at least 15 minutes
9. Going to Barnes and Nobel just after opening for 10 minutes
10. Going to Wal Mart at 11 pm for 10 minutes