

Hierarchy of Anxiety Provoking Situations

First write down 5 situations that you find anxiety provoking and that you would normally avoid. Secondly, add them to the table below in rank order. Identify any "safety" or "avoidance" behaviours in the third column. In the fourth column, rate how distressed you normally feel in each of the situations from 0 (no distress) to 10 (maximum distress). In the final column rate your actual level of distress when completing the task. (To insert text into the table please click on the grey text area and begin typing).

Rank Order	Feared Situation / Event	Safety / Avoidance Behaviours	Predicted Distress 0 – 10	Actual Distress 0 – 10