Exercise 30 – Graded Hierarchy of Anxiety Provoking Situations

First write down the situations which you find anxiety provoking. 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.

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

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