Exposure Hierarchy

Instructions: In the first column list about 10 situations related to your phobic object or situation, ranging in difficulty from extremely difficult to only mildly difficult. In the second column, rate the extent to which each of these situations would trigger anxiety or fear (0 = no anxiety or fear, 100 = maximum anxiety or fear). List the items in order of difficulty, with the most difficult items listed near the top, and the least difficult items listed near the bottom.

Situations	Anxiety (0–100)

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