

## *Fear Hierarchy Chart*

<b>Describe Your Triggers for Anxiety (Person, Place, Thing, or Situation)</b>	<b>Rank Level of Distress (1 is the worst; 10 is the least scary)</b>

Now, choose one of the least scary and anxiety-provoking things on the list and make a plan to expose yourself gradually and safely to the problem with the goal and objective of reducing your anxiety related to this thing.

Fill in the following worksheet and use it to rank your levels of success before and after each exposure “experiment.” Approach the experiments with your PMA, curiosity, and a can-do attitude. Remember all you have learned so far in this program and use it! You can do it!

Share with your friend for support and be your own best friend, cheering for yourself and celebrating your victories along the way.

## *My Gradual Exposure Plan*

<b>Trigger for Anxiety (Person, Place, Thing, or Situation)</b>	<b>Date of Ranking</b>	<b>Rank Level of Distress BEFORE Exposure Experiment (1 is the worst; 10 is the least scary)</b>	<b>Rank Level of Distress Before AFTER Experiment (1 is the worst; 10 is the least scary)</b>	<b>Comments After Doing the Experiment</b>
<b>Plan of Safe and Gradual Exposure to the Trigger for Anxiety</b>				

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