Exposure Hierarchy

List a variety of activities that would activate at least some anxiety for you. Be as specific as you can, and include details such as the amount of time or the distance from the object or situation. Then rate the amount of anxiety that you think you would feel if you were to do each one, using a 0 (no anxiety) 100 (most anxiety ever) scale. Pick an activity that you think would be reasonably easy, and carry it out. DO NOT DO MORE THAN YOU PLANNED. Note the date, and the amount of anxiety you *actually* felt. Then pick another task.

Task	Antic Anxiety	Date	Actual Anxiety