Exposure Hierarchy

Create a list of anxiety-producing situations, beginning with the *most* distressing, and ending with the *least* distressing. Rank how distressing each item is on a scale of 1 to 10.

| | Anxiety, Obsession, or Compulsion Trigger | Distress Level (1 – 10) |
|----|---|----------------------------|
| 1 | | |
| 2 | | |
| 3 | | |
| 4 | | |
| 5 | | |
| 6 | | |
| 7 | | |
| 8 | | |
| 9 | | |
| 10 | | |

Exposure Homework Form

| ituation t | to pra | ctice: | | | | | | | | | |
|--------------|---------|----------------------------|----------|----------|--------|-----------|----------|---------|----------------|-----------|--------|
| | | eeping w diffict | ult it w | vas to d | comple | ete the | exercis | se each | ı day of | the wee | k. |
| | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | |
| Very Easy | | | • | Moderate | | | | ' | Very Difficult | | |
| Mon. | Т | ūe. | W | ed. | T | hu. | F | ri. | Sa | at. | Sun. |
| | | | | | | | | | | | |
| | | | | | | | | | | | |
| | | | | | | | | | | | |
| Note Rece | | v challe | naec t | hat vo | u enco | unter (| or any o | omm4 | ante ah | out the p | rocece |
| Z Nec | oru arr | y Chane | nges t | nat you | u enco | uniter, t | n any c | JOHIIII | illo ab | out the p | 100633 |
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