

Date: \_\_\_\_\_

## HIERARCHY OF FEARED SITUATIONS

Develop 10-15 situations that challenge you to step outside of your comfort zone. Rate each item for the level of fear/anxiety/discomfort you would feel using the following *subjective units of distress scale* (SUDS):

0 = *No anxiety/discomfort/avoidance*

50 = *Noticeably anxious/uncomfortable but do-able*

100 = *Extreme anxiety/panic. Strong desire to avoid.*

	<b>Activity / Situation</b>	<b>SUDS</b>
<b>1</b>		
<b>2</b>		
<b>3</b>		
<b>4</b>		
<b>5</b>		
<b>6</b>		
<b>7</b>		
<b>8</b>		
<b>9</b>		
<b>10</b>		
<b>11</b>		
<b>12</b>		
<b>13</b>		
<b>14</b>		
<b>15</b>		