

Hierarchy

Name: _____ Date: _____

Phobias: Fear and Avoidance

Rate the degree to which you tend to avoid the situations listed below because of the fear or unpleasant feelings associated with them. Also, rate your level of anxiety in each situation.

0-----10-----20-----30-----40-----50-----60-----70-----80-----90-----100

Do not avoid situation no anxiety	Hesitate to enter situation but rarely avoid it - slightly/ somewhat anxious	Sometimes avoid situation- definitely anxious	Usually avoid situation markedly or very often anxious	Invariably avoid - very severe/ continuous anxiety, near panic
--------------------------------------	---	--	---	---

	<u>Description</u>	<u>Rating</u>		<u>Evaluatrimon</u> <u>Fear</u> (0-100)
		<u>Avoidance</u>	<u>Fear</u>	
		(0-100)	(SUDS) (0-100)	
1.	The worst situation			
2.	The second worst situation			
3.	The third worst situation			
4.	The fourth worst situation			
5.	The fifth worst situation			
6.	The sixth worst situation			
7.	The seventh worst situation			
8.	The eighth worst situation			
9.	The ninth worst situation			
10.	The tenth worst situation			