EXAMPLES OF EXPOSURE HIERARCHYS

Construct you fear ladder of anxiety provoking situations below. Make sure to put each situation in the appropriate category based on the amount of anxiety it causes you.

Anxiety Level (0-39%) – Mild:

1) Grocery shopping alone (25%).
2) Going to the movies with a friend (30%).
3) Eating in a restaurant (30%).
4)
5)

Anxiety Level (40-69%) – Moderate:

1) Going to the movies alone (50%).
2) Being assertive with a parent (60%).
3)
4)
5)

Anxiety Level (70%-99%) – Severe:

1) Driving on a busy street (75%).
2) Riding the metro (90%).
3) Going into a crowd like a concert (95%).
4)
5)

Anxiety Level (100%) – Situations that elicit panic attacks and/or are avoided:

1) Driving on the highway (100%).
2) Taking the plane (100%).
3)
4)
5)

The following exposure hierarchy takes the fear of riding the metro, evaluated at 90% SUDs, and breaks it down into smaller steps, creating a new exposure hierarchy.

Anxiety Level (0-39%) – Mild:

1) Standing outside the metro station (20%).
2) Going in the station but not passing the turnstile (35%).
3)
4)
5)

Anxiety Level (40-69%) – Moderate:

1) Going down to the platform (45%).
2) Riding 1-2 stops with someone (55%).
3) Riding 3-20 stops with someone (65%).
4)
5)

Anxiety Level (70%-99%) – Severe:

1) Riding 1-5 stops alone (75%).
2) Riding 3-20 stops alone (90%).
3)
4)
5)

Anxiety Level (100%) – Situations that elicit panic attacks and/or are avoided:

1) Picking a metro stop at random then riding the metro to it (100%).
2)
3)
4)
5)