



# My Exposure Hierarchy

When rating your anxiety, consider how you would feel if you had to do that activity right now. This rating scale is personal to you, but it can be helpful to consider 0% as no anxiety at all, and 100% as the most anxious you have ever felt. It can be easier to start by placing your most feared activity at the top, and then working your way down through progressively less anxiety provoking steps.

<b>Difficulty Category</b>	<b>Activity</b>	<b>Anxiety Rating (0-100%)</b>
<b>Most Difficult/ Anxiety Provoking</b>		
<b>Medium Difficulty/ Anxiety Provoking</b>		
<b>Least Difficult/ Anxiety Provoking</b>		