

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	

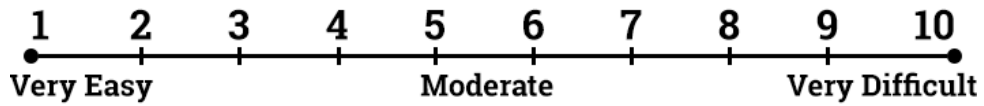
Exposure Homework Form

Situation to practice: _____



Record Keeping

Record how difficult it was to complete the exercise each day of the week.



Mon.

Tue.

Wed.

Thu.

Fri.

Sat.

Sun.

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Notes

Record any challenges that you encounter, or any comments about the process.
