
Exposure Hierarchy

Instructions: In the first column list about 10 situations related to your phobic object or situation, ranging in difficulty from extremely difficult to only mildly difficult. In the second column, rate the extent to which each of these situations would trigger anxiety or fear (0 = no anxiety or fear, 100 = maximum anxiety or fear). List the items in order of difficulty, with the most difficult items listed near the top, and the least difficult items listed near the bottom.

Situations	Anxiety (0–100)
Drive 30 minutes on the highway alone during rush hour	100
Drive 30 minutes on the highway alone in light traffic	90
Drive on busy city streets for 30 minutes alone in rush hour	75
Drive on the highway for 30 minutes with a friend in light traffic	70
Drive on city streets in light traffic with a friend	50
Turn left on a residential street	40
Drive in a residential neighborhood for 30 minutes	40
Pull out of my driveway	30

Figure 7.1

Example of Exposure Hierarchy form