

Exposure Hierarchy Worksheet

Name: _____ Date: _____

In broad terms, describe what provokes your anxiety:

Specified Anxiety or Fear Provoking Situations	Subjective Unit Distress Scale (SUDS) 100 = Extreme Anxiety 50 = Significant Anxiety 0 = No Anxiety

Coping Strategies:

A large, empty rectangular box with a thin black border, intended for the user to write their coping strategies. The box is positioned below the 'Coping Strategies:' label and occupies a significant portion of the page's vertical space.