

# Fear Hierarchy Worksheet

Name: \_\_\_\_\_ Date: \_\_\_\_\_

**Describe the specific fear or anxiety you'll be working on:**

**Identify 10 activities related to your fear. Rank them from most fearful (10) to least fearful (1). Use 5 as a medium level of difficulty.**

Activity	Level of distress
	10 (most)
	9
	8
	7
	6
	5 (medium)
	4
	3
	2
	1 (least)

**What specific aspects of these situations trigger your fear?**

**What patterns have you observed in the activities you ranked higher vs. lower?**

**What are the small steps I can take to prepare?**

**What are the resources and support I might need?**

**How will I know I'm ready to move to the next level?**