

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?