

# Graded Exposure Worksheet

**Client's Name:**

**Date:**

**Healthcare Professional:**

**Diagnosis:**

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## **Step 1: Fear Identification**

Identify the fear or anxiety-inducing situation:

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## **Step 2: Fear Hierarchy**

List situations related to the fear from least to most anxiety-provoking:

- 1.
  - 2.
  - 3.
  - 4.
  - 5.
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## **Step 3: Graded Exposure Plan**

Outline a plan for gradually confronting each situation. Include coping strategies to be used:

- 1.
- 2.
- 3.

4.

5.

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#### **Step 4: Follow-Up and Review**

Record progress, challenges, and any changes needed in the exposure plan:

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**Healthcare Professional's Signature:** \_\_\_\_\_

**Client's Signature:** \_\_\_\_\_