

Graded Exposure Worksheet

Client's Name:

Date:

Healthcare Professional:

Diagnosis:

Step 1: Fear Identification

Identify the fear or anxiety-inducing situation:

Step 2: Fear Hierarchy

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

- 1.
 - 2.
 - 3.
 - 4.
 - 5.
-

Step 3: Graded Exposure Plan

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

- 1.
- 2.
- 3.

4.

5.

Step 4: Follow-Up and Review

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

Healthcare Professional's Signature: _____

Client's Signature: _____