



FEAR HIERARCHY

Start by constructing a ladder with the overarching goal on top (the situation you've identified that makes you anxious or stressed). Below this, you list each step towards that goal in order of distress. Give each item a rating from 0-100% according to how strongly you would feel the emotion if you had to be in that situation.

Check out the example below, and then jump in to creating your own ladder on the next page.

| SITUATION | EMOTION (0-100%) |
|---|------------------|
| GOAL: To go to the gym on a weekend by myself at peak hour and complete a full workout. | 80% |
| Go to the gym on a weekend at peak hour with a close friend and complete a full workout. | 70% |
| Go to the gym on a weekend by myself at a more quiet time and complete a full workout. | 65% |
| Go to the gym on a weekend at a more quiet time with a close friend and complete a full workout. | 60% |

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|---|-----|
| Go to the gym on a weekday by myself and complete a full workout. | 55% |
| Go to the gym on a weekday with a close friend and complete a full workout. | 50% |
| Go to the gym later at night when few people are there and complete a workout. | 40% |
| Go to the gym later at night and spend some time checking where all the machines are and test them out. | 30% |
| Meet with the receptionist at the gym for a walk through of the facilities. | 20% |
| Look up the gym online to orient myself to the layout of the gym. | 5% |





FEAR HIERARCHY EXERCISE

When starting to gradually expose yourself to each step of the ladder (starting from the bottom), it is important to be aware that you may need to repeat some of the steps several times to get the anxiety, stress or worry down to a manageable level, where you feel confident in moving on to the next step. There are no right or wrong amount of steps, or times needed to complete each step. Make sure to utilise the thought balancing exercise to prepare you for each step and practice the relaxation and breathing strategies as needed.

| SITUATION | EMOTION (0-100%) |
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