

# My Graded Exposure Hierarchy



A fear hierarchy turns one overwhelming goal into a series of chosen, repeatable steps.

## Build the ladder

List 8-10 versions of the feared situation. Change distance, time, company, time of day or complexity.

## Rate each step

Use anticipated anxiety from 0-100. Begin with a meaningful lower or middle step - not necessarily the easiest and never an unsafe one.

## Practise for learning

Repeat long enough to discover what happens. Anxiety may fall, stay, or rise and fall; the aim is new learning, not forcing calm.

## Review kindly

Record predictions, outcomes and what helped. Adjust the ladder when a step is too large or too small.

## A quiet space to reflect

Step 1 / rating:

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Step 2 / rating:

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Step 3 / rating:

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Step 4 / rating:

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What would make practice feel supported?

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Use this resource at your own pace. Exposure work should never involve genuine danger or ignore medical, sensory or accessibility needs. Seek qualified support if fear is significantly restricting daily life.