

# AVOIDANCE



## HIERARCHY

At the bottom, identify things you avoid, but don't bother you as much. The most anxious and stress inducing action or behavior will reside at the top. Assign a rating from 0-100% as to how anxious you would be in that situation. Overcome your anxiety by working your way to the top.

1		%
2		%
3		%
4		%
5		%
6		%
7		%
8		%
9		%
10		%
11		%
12		%
13		%
14		%
15		%