



Exposure Hierarchy

Create a list of anxiety-producing situations, beginning with the most distressing, and ending with the least distressing. Rank how distressing each item is on a scale of 1 to 10.

| # | Anxiety, Obsession, or Compulsion Trigger | Distress Level (1–10) |
|----|---|-----------------------|
| 1 | | |
| 2 | | |
| 3 | | |
| 4 | | |
| 5 | | |
| 6 | | |
| 7 | | |
| 8 | | |
| 9 | | |
| 10 | | |