

Anxiety Hierarchy

This exercise can be used to establish a list of anxiety-provoking situations for a client with an intense fear or phobia.

First, you will need to list all the anxiety-provoking situations the client mentions. Next, grade the intensity of anxiety experienced on a scale of 1 to 10, with 1 being the lowest such as mild discomfort, and 10 being the highest such as panic.

Once done, reorder them into a hierarchy to design and plan the graded exposure practices during your systematic desensitization intervention.

Anxiety provoking situation	Intensity of anxiety graded from 1 to 10

Next, arrange them in a hierarchy using this template for guidance.

Situations from least to worst anxiety-provoking	Intensity

Dr. Jo Nash