

Fear Hierarchy for Going out in Public

Identify 10 activities that cause you anxiety related to your fear. Rank the distress level from most fearful (10) to least fearful (1). Use 5 as a medium level of difficulty.

ACTIVITY	LEVEL OF DISTRESS
	10 (<i>most</i>)
	9
	8
	7
	6
	5 (<i>medium</i>)
	4
	3
	2
	1 (<i>least</i>)