

Anxiety hierarchy pdf

Hierarchy is about facing your fears and overcoming your anxiety by creating a list of feared objects, from less tolerable to most tolerable on a scale, and then slowly exposing yourself to the less tolerable situation to the most tolerable situation or object.

Rank	Hierarchy to overcome your anxiety	Level of Distress (1-5)
1		5
2		
3		
4		
5		
6		
7		