

Social anxiety worksheets for adults: Version 2

While designing an exposure hierarchy, the following things are considered:

- Your Feared object or situation
- Consequences of the exposure
- Safety behaviors
- Triggers and the context of the fear
- The focus is on the sources of anxiety.
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Now write down your Fear/Response: What you will do, irrationally.

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Response Prevention: What you shouldn't indulge in.

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Create your own exposure hierarchy starting from least tolerable to most tolerable and then rate each one of your fears.

Step	Action	Rating (1-5)
1		
2		
3		
4		
5		
6		
7		