

WORKSHEET ONE

Identifying anxiety-provoking situations



Anxiety-Provoking Situations

WORKSHEET TWO

Developing a hierarchy



Most anxiety-provoking	% Rating
Least anxiety-provoking	

WORKSHEET THREE

Planning exposure



	Date & Time	Duration	Exposure	Anxiety Rating			Comments
				Before	During	After	
1							
2							
3							
4							
5							

