

Fear Hierarchy Form

List your anxiety trigger below and the list possible exposure exercises that might elicit anxiety. Use the **SUDS** scale to rate how difficult it would be to experience the trigger.

Anxiety trigger _____ (for example, “fear of heights”)

Exposure exercise

SUDS rating (0-10)

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<p align="center">Subjective Units of Distress Scale (SUDS)</p> <p>0= no anxiety at all; completely calm 3= some anxiety, but manageable 5= getting tough; wouldn't want to have it all the time 7-8= severe anxiety that interferes with daily life 10 = worst anxiety you've ever felt</p>
