

Exposure Hierarchy Worksheet

Fear Theme: _____

Step	Situation	SUDS (0-100)	Pre	Post	Date	Done
1.						
2.						
3.						
4.						
5.						
6.						
7.						
8.						
9.						
10.						
11.						
12.						
13.						
14.						
15.						

Instructions: Fill in situations and rate distress (SUDS = 0-100). Track exposures and mark 'Done' when completed successfully. Move to the next step after two exposures at or below 20 SUDS.