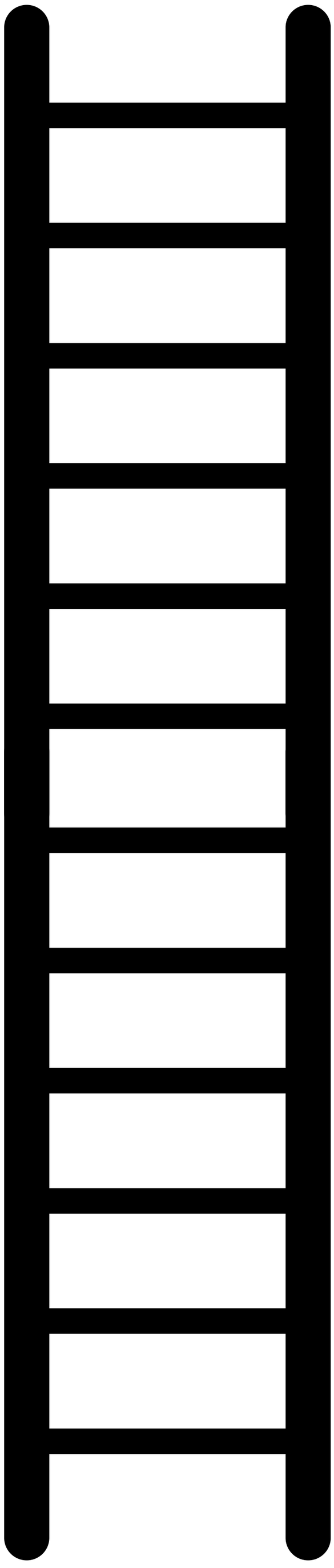
AVOIDANCE HIERARCHY



In the table below, write down all of the situations that distress you, in order of how distressing they are (top being the most distressful). In the last column, rate how distressed each situation makes you from 0 (no distress) to 10 (maximum distress).

SITUATION	DO YOU NORMALLY AVOID?	DISTRESS 1-10