

Form 11.1: Emotion Exposure Hierarchy

Describe situations you are currently avoiding in order to prevent uncomfortable emotions from occurring. Think of this form like a ladder with less challenging situations at the bottom, working your way up to more challenging situations at the top. Rate the degree to which you avoid each of the situations you describe and the degree of distress they cause. For each, write the applicable number in the space provided.

Do Not Avoid	Hesitate To Enter But Rarely Avoid	Sometimes Avoid	Usually Avoid	Always Avoid
0		5		10
No Distress	Slight Distress	Definite Distress	Strong Distress	Extreme Distress

	Description	Avoid	Distress
1 WORST			
2			
3			
4			
5			
6			
7			
8			