

## Example Form 11.1b: Emotion Exposure Hierarchy

Describe situations you are currently avoiding in order to prevent uncomfortable emotions from occurring, starting with the worst or most distressing situation. 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
<b>1 WORST</b>	Leaving my house unlocked while I'm at work	8	8
<b>2</b>	Talking to my friends about how I've been feeling	8	7
<b>3</b>	Engaging in activities I used to find fun	8	6
<b>4</b>	Bringing up a heated topic with my spouse	7	6
<b>5</b>	Writing about my depression	6	5
<b>6</b>	Driving in traffic	5	5
<b>7</b>	Making a decision without asking for reassurance	5	5
<b>8</b>	Leaving the house without checking the stove	5	4