

## Example Form 11.1a: 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>	Giving a presentation at work	8	8
<b>2</b>	Attending a job interview/saying nice things about myself	8	8
<b>3</b>	Applying for new jobs	8	7
<b>4</b>	Making a to-do list and starting on the first task right away	7	7
<b>5</b>	Disagreeing with a co-worker	7	6
<b>6</b>	Being in a crowded movie theater	5	5
<b>7</b>	Talking to people in authority positions	5	5
<b>8</b>	Starting a conversation with someone I don't know well	5	4