

# Fear and Avoidance Hierarchy

Social Situation	Fear (0-100)	Avoidance (0-100)
<u>My worst fear:</u>		
<u>My 2nd worst fear:</u>		
<u>My 3rd worst fear:</u>		
<u>My 4th worst fear:</u>		
<u>My 5th worst fear:</u>		
<u>My 6th worst fear:</u>		
<u>My 7th worst fear:</u>		
<u>My 8th worst fear:</u>		
<u>My 9th worst fear:</u>		
<u>My 10th worst fear:</u>		

# Most Common Avoidance Strategies

Avoidance Strategy	How Often Do You Use It? (Almost never, sometimes, often, almost always, or always)

# Contrasting Anxious and Non-anxious Thoughts

	Thoughts	Believability (0–100)
After reviewing the evidence, rate the believability of the original thought.	Original Thought:	
What is a more realistic possibility? Rate the believability of this thought.	Alternative Thought:	
What can I tell myself in the future?		

# Catastrophic Thought

	Thoughts	Believability
Catastrophic Thought		
Consequences (So What?)		
Coping Strategies		
Adaptive Thought		

# Social Situation Fear Analysis

*The social situation is uncomfortable because:*

- 1.
- 2.

Your response gets to social apprehension.

*I believe that other people expect me to be:*

- 1.
- 2.

This gets to social standards.

*If I am confronted with this social situation, I am most concerned/worried that:*

- 1.
- 2.
- 3.
- 4.

Take your time thinking about this one. Is it because your skills are inadequate and you are unable to perform? Or are you concerned that your anxiety is out of control? Or that you will be rejected?

*In order to bring down my anxiety, I tend to do the following:*

- 1.
- 2.
- 3.

This obviously gets to the various avoidance strategies that keep your anxiety alive. Make sure you eliminate all of them as you expose yourself to your social fears.

# Fear Induction Exercises

Exercise	Symptoms/Experience	Intensity of Symptoms (0-8)	Intensity of Anxiety (0-8)

# Repeated Exposure to Fearful Sensations Practice Trials

Date/Time	Exercise	Practice Trials	Intensity of Symptoms (0–8)	Intensity of Anxiety (0–8)
		1		
		2		
		3		
		4		
		5		
		1		
		2		
		3		
		4		
		1		
		2		
		3		