

Worksheet for Clients

Name _____ Date _____

Exposure Hierarchy Worksheet

This worksheet aims to assist you in systematically confronting and managing anxiety-provoking situations. By forming a record of a clear exposure plan and providing space for reflection after each exposure experience, this worksheet aims to foster resilience and coping skills, ultimately supporting you in confidently navigating such situations.

Step 1 List Situations

Begin by making a comprehensive list of social situations that induce anxiety. Include situations that are both easy and difficult for you to manage. For example: calling a friend, attending a family event, going to a familiar setting (like your local church), driving your car, or going on a date.

Situation	Rate	Situation	Rate

1 ACT This tool was provided by _____

Step 2 Rate Each Situation

In the previous chart, assign a difficulty rating to each situation on your list. A scale of 1–10 can be used, where 1 represents the least anxiety-inducing situation, and 10 represents the most.

Step 3 Prioritize and Organize

Arrange the situations in order of increasing difficulty. This will serve as your exposure hierarchy, from least to most anxiety-inducing.

Exposure Hierarchy	
Rate (1-10)	Situation

2 ACT This tool was provided by _____

Step 4 Develop a Plan

Decide on a systematic and goal-oriented plan of which situations you will expose yourself to and when. Start with the easier situations before progressing to the more difficult ones.

Exposure Plan	
Situation	
Plan	
Situation	
Plan	
Situation	
Plan	
Situation	
Plan	
Situation	
Plan	

3 ACT This tool was provided by _____

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Step 5 Practice

Approach each situation by applying the skills you have learned. Make sure to have your therapist or a supportive friend with you during these practice sessions, either physically or virtually, for support and guidance.

Step 6 Reinforce and Problem-Solve

After each exposure, take time to reflect on your experiences, recognize your progress, and address any obstacles or challenges that may have arisen. This will be hard work, but each step forward is a significant accomplishment.

Step 7 Record

Write down your experiences, the level of anxiety experienced, how you managed it, and what you learned from each encounter.

Exposure Practice Reflections			
Situation		Date	
Anxiety	Level		
	Management		
Reflections			

4 ACT This tool was provided by _____

Challenges	
Learnings	

Exposure Practice Reflections			
Situation		Date	
Anxiety	Level		
	Management		
Reflections			
Challenges			
Learnings			

Exposure Practice Reflections			
Situation		Date	
Anxiety	Level		
	Management		
Reflections			

5 ACT This tool was provided by _____

Challenges	
Learnings	

Exposure Practice Reflections			
Situation		Date	
Anxiety	Level		
	Management		
Reflections			
Challenges			
Learnings			

Remember that it's okay if progress seems slow. The goal is not to eliminate anxiety completely but to develop skills and resilience for navigating anxiety-inducing situations. Your therapist will guide and support you throughout this process.