

exposure hierarchy

————— **FEELING INTENSITY** —————>

0 1 2 3 4 5 6 7 8 9 10

MOST CHALLENGING

LEAST CHALLENGING

PEOPLE	FEAR	AVOIDANCE



exposure hierarchy

————— **FEELING INTENSITY** —————→

0 1 2 3 4 5 6 7 8 9 10

LEAST CHALLENGING ----- MOST CHALLENGING

PLACES	FEAR	AVOIDANCE



exposure hierarchy

————— **FEELING INTENSITY** —————→

0 1 2 3 4 5 6 7 8 9 10

MOST CHALLENGING

LEAST CHALLENGING

ACTIVITIES	FEAR	AVOIDANCE

