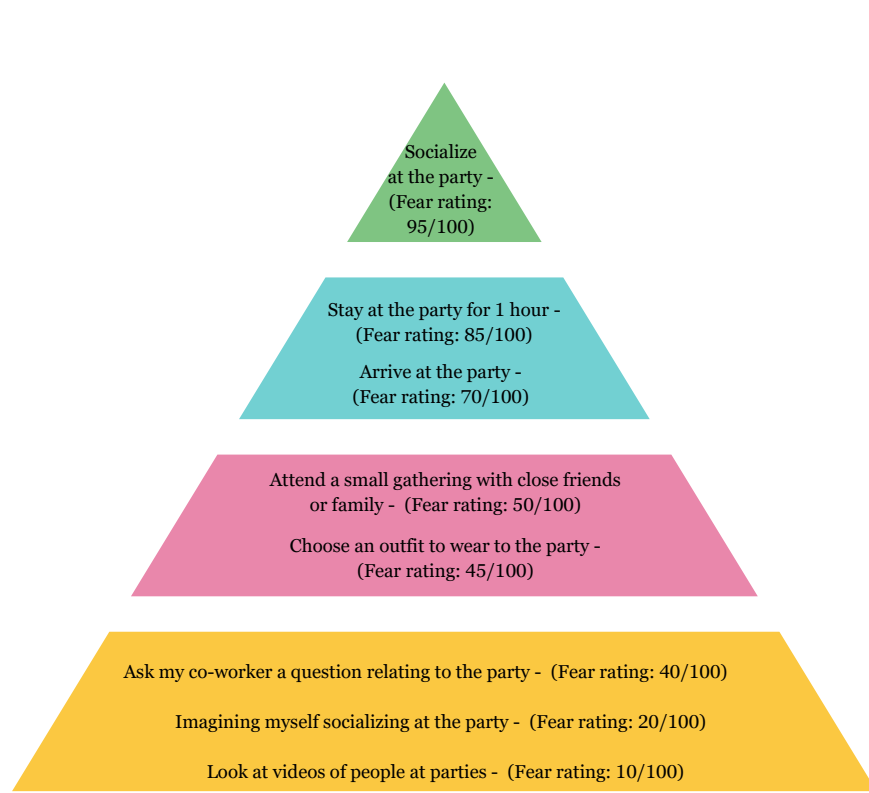


# Exposure Hierarchy

Choose a specific social fear to focus on e.g., socializing with co-workers at a party. Think of ways in which you can slowly exposure yourself to this fear, ranking your fear from 0-100. Write these in the hierarchy with the situations that are most comfortable at the bottom and the least comfortable at the top.



**Example**

