|  |  |  |
| --- | --- | --- |
| Fear Rating | Activity that brings it on | Anticipated Fear Rating (0-100, see below for more guidance)  |
| Most Feared  |  |  |
|  |  |
|  |  |
|  |  |
| Medium Fear  |  |  |
|  |  |
|  |  |
|  |  |
| Least Feared (but a fear rating of at least 50) |  |  |
|  |  |
|  |  |
|  |  |

Fear Hierarchy Template

Fear ratings:

**0** – No fear **25** – Mild Fear **50** – Moderate Fear **75** – Severe Fear **100**- Intense Fear

|  |  |  |
| --- | --- | --- |
| Fear Rating | Stimulus/ Activity  | Anticipated Fear Rating (0-100, see below for more guidance)  |
| Most Feared | Conversation with a stranger, e.g. waiter in a busy cafe  | 100  |
| Conversation with a friend whilst out in the city centre on a saturday | 95  |
|  |  |
|  |  |
| Medium Fear  | Conversation with a friend (not known very well) at your house | 70 |
| Phoning the hairdressers for an appointment | 70 |
|  |  |
|  |  |
| Least Feared (but a fear rating of at least 50) | Unexpected visit from a close family member at home when it is quiet | 60 |
|  |  |
|  |  |
|  |  |

Example of a fear hierarchy for fear of social conversations