|  |  |  |
| --- | --- | --- |
| Fear Rating | Stimulus/ Activity  | Anticipated Fear Rating (0-100, see below for more guidance)  |
| Most Fear  |  |  |
|  |  |
|  |  |
|  |  |
| Medium Fear  |  |  |
|  |  |
|  |  |
|  |  |
| Least Fear (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 Fear  | Letting dogs run around me and jump up at me | 100  |
| Stroking a dog that is being held  | 95  |
| Being in an enclosed space with a few dogs, not on leads but not running/ jumping | 85  |
|  |  |
| Medium Fear  | Being near a dog on a lead | 70 |
| Seeing dogs off lead in the distance | 70 |
| Hearing dogs in the distance  | 65 |
|  |  |
| Least Fear (but a fear rating of at least 50) | Watching a movie with a real dog in  | 60 |
| Being in a room with lots of dog toys  | 55 |
| Seeing a picture of a real dog  | 55 |
| Watching a cartoon dog film  | 50  |

Example of a fear hierarchy for a dog phobia