|  |  |  |
| --- | --- | --- |
| 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