Hierarchy of Anxiety Provoking Situations

1) Write down all of the situations which cause you distress, then add them to the table below, in order of how distressing they are
2) In the last column, rate how distressed each one makes you, from:

0 (no distress) to 100 (maximum distress)

Rank	Situation/Object/Thought	Would you normally avoid?	Distress 0-100