

# ANXIETY HIERARCHY

List down your anxiety provoking situations from most anxiety provoking situations to least anxiety provoking situations. Rate each situation on the scale of "0-100", "0" is "no distress at all" and "100" is the "most distressful situation"

Anxiety Provoking Situation or Activities	Rate them from 0-100
(most anxiety provoking situation)	
(least anxiety provoking situation)	