

Anxiety Exposure Hierarchy with Rewards

Purpose:

Gradual exposure to feared situations is a proven way to reduce anxiety (Abramowitz, Deacon, & Whiteside, 2019). This worksheet helps you create a step-by-step plan to confront fears while rewarding progress.

Instructions:

1. Identify a fear or anxiety-provoking situation.
2. Break it down into smaller, manageable steps from least to most anxiety-inducing.
3. Rate each step on a **0-10 anxiety scale** (0 = No Anxiety, 10 = Extreme Anxiety).
4. Choose a **small reward** for completing each step.
5. Track your **progress and reflections** after each step.

Step 1: Identify the Fear

Write down the situation or activity that makes you anxious.

Example: "Speaking in front of a group."

My fear/anxiety-provoking situation: _____

Step 2: Create an Exposure Hierarchy

List small steps that gradually lead to facing your fear.

Step	Exposure Task	Anxiety Level (0-10)	Reward for Completion
<i>Example</i>	<i>Practice reading in front of a friend</i>	<i>4</i>	<i>Watch a favorite TV show</i>
1			
2			
3			
4			
5			

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Step 3: Take Action & Reflect

1. Which step did you complete?

2. How did you feel before, during, and after?

3. What did you learn from this experience?

4. What's the next step you will take?

5. What reward will you give yourself for completing the next step?

References

- Abramowitz, J. S., Deacon, B. J., & Whiteside, S. P. (2019). *Exposure therapy for anxiety: Principles and practice*. Guilford Press.
- Craske, M. G., Treanor, M., Conway, C. C., Zbozinek, T., & Vervliet, B. (2014). Maximizing exposure therapy: An inhibitory learning approach. *Behaviour Research and Therapy*, 58, 10-23.
- Norton, P. J., & Price, E. C. (2007). A meta-analytic review of adult cognitive-behavioral treatment outcome across the anxiety disorders. *Journal of Nervous and Mental Disease*, 195(6), 521-531.