

Ranking your Anxiety

To start, list out the areas of anxiety that you avoid or are anxious about. List them in the box on the left and then predict the level of anxiety you feel. 0 = no anxiety and 100 = severe anxiety in the box named predicted anxiety. After completing the left hand box and the predicted level of anxiety, prioritise your list into the right hand box. The plan then is to work on the lower areas of anxiety first, working up to the more challenging areas as you progress.

Particular areas of anxiety, that are avoided or you are anxious of.	Level of Predicted Anxiety. 0-100	Priority list of areas of anxiety. No 1 is the most challenging and No 8 as the least	
		1	
		2	
		3	
		4	
		5	
		6	
		7	
		8	