

# Anxiety and Avoidance Hierarchy

Problem: \_\_\_\_\_

Situations or Places That Scare Me!	Anxiety Rating	Avoidance Rating
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		
9.		
10.		



Alexian Brothers Behavioral Health Hospital  
1650 Moon Lake Blvd.  
Hoffman Estates, IL 60169

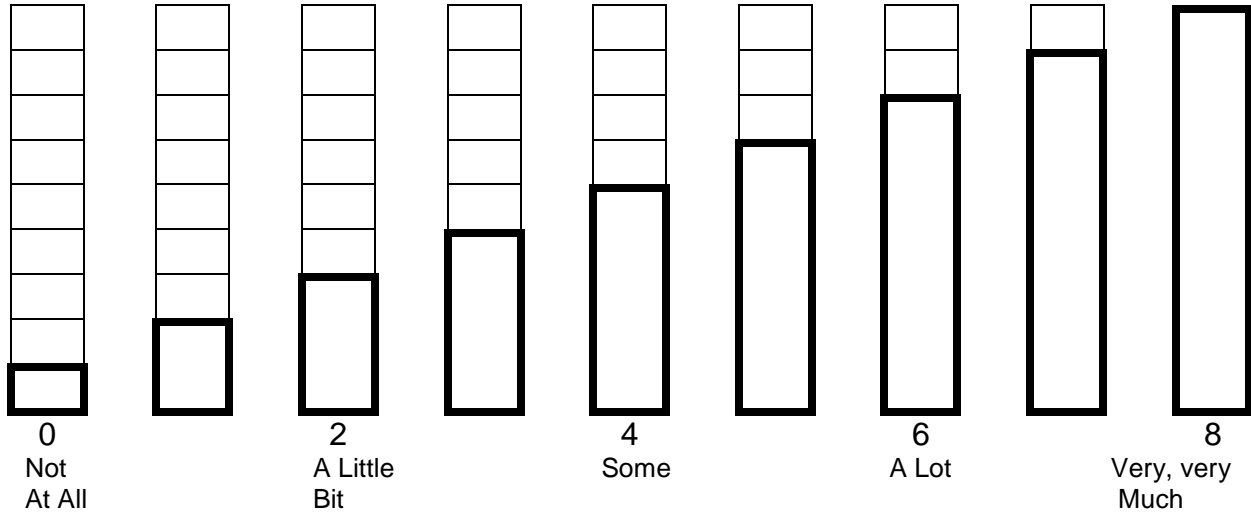
Anxiety and Avoidance Hierarchy

Form #6010-463 7/09



ASMT

### Feelings Thermometer



### Sample Anxiety and Avoidance Hierarchy Problem:

School refusal due to anxiety about being away from home and from parents

Situations or Places That Scare Me!	Anxiety Rating	Avoidance Rating
1. Staying in school all day without calling Mom and Dad		
2. Staying in school all morning and not calling Mom or Dad, or going to the nurse		
3. Riding the school bus all by myself		
4. Waiting for Mom, and she's late to pick me up		
5. Staying with the babysitter, and Mom doesn't call home to check on us		
6. Getting my school clothes ready the night before school		
7. Having tutoring at the school, without Mom there		
8. Going to school to get my homework, and visiting with my teacher		
9. Going to lunch at school		
10. Meeting with the tutor while Mom goes shopping		



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