Avoidance Hierarchy

When it comes to fear, avoidance is often our first instinct. We try to avoid anything that makes us feel uncomfortable or scared. But avoidance can actually make our fear worse.

One way to help overcome your fears is to create an avoidance hierarchy. This is a ladder of fear, with the things that scare you the most at the top, and the things that scare you the least at the bottom. Provide a percentage of how much they trigger your anixety. Confront each fear, one by one, by starting at the bottom of the list and working your way up the ladder.

Situation	**Anxiety %**

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