

# ANXIETY: FINDING PEACE AGAIN

# HIERARCHY OF FEAR

**WHAT LOGICALLY SAFE BUT ILLOGICALLY PANIC INDUCING TRIGGER ARE YOU GOING TO BE ADDRESSING?**

#RTG	ACTIVITY, EX: HOLDING A LIVE SPIDER.
1	
2	
3	
4	
5	
6	
7	
8	
9	
10	

**I  
N  
G  
R  
E  
D  
I  
E  
N  
T  
S**

- 1- Exposures must be PROLONGED. Recommended time at least 30-60 mins.
- 2- Exposures must be REPEATED. Go through the same exposure until you feel a significant anxiety rating drop.
- 3- Exposures must FOCUS ON THE ANXIETY. Allow symptoms, observe how you feel, but remember you are okay!
- 4- Exposures must have ZERO SAFETY BEHAVIORS. Don't avoid symptoms by making your experience easier through avoidance techniques.