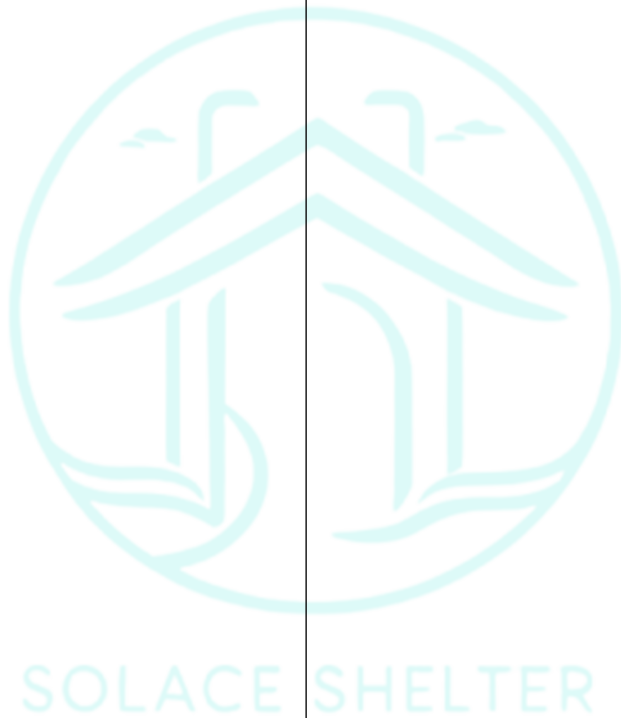


ERP Hierarchy Worksheet

| Below write each Step in Your hierarchy | Distress/ Anxiety Rating (0-100%) |
|---|-----------------------------------|
| Most Difficult | |
| More difficult | |
| Esiest | |



Note: Sometimes the client may not be fully compliant, so the therapist must develop the hierarchy in the presence of the client during the session.