

My Fear Hierarchy

Describe your fear: _____

List the least frightening activity as Level 1 and the most frightening as Level 10.

| Level | What I Fear |
|-------|-------------|
| 1 | |
| 2 | |
| 3 | |
| 4 | |
| 5 | |
| 6 | |
| 7 | |
| 8 | |
| 9 | |
| 10 | |