

HANDOUT 2.3

IN VIVO EXPOSURE HIERARCHY FORM

Name: _____ Date: _____

The in vivo exposure hierarchy is a list of situations (e.g., people, places, objects, activities) you are currently avoiding and would like to be able to have in your life. These can include:

- Situations that remind you of past traumatic events
- Situations that feel dangerous or unsafe (but that are not objectively harmful)
- Activities that you used to enjoy but have stopped doing (due to depression), and/or
- Situations that elicit unjustified shame

SUDS Anchor Points

0 _____
50 _____
100 _____

Exposure Task	SUDS (Session 2)	SUDS (Final Session)
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		
9.		
10.		
11.		
12.		
13.		
14.		
15.		