

Exposure menu

A working list of situations, built to be mixed rather than climbed in order

A list of situations that set the problem off, each with the compulsion or safety behaviour that usually follows. Rate how hard each one feels today, from 0 to 100.

Two things about the order. You do not have to start at the bottom, and you do not have to work strictly upwards: varying the difficulty, the place and the time of day may help the learning last better than a steady climb. Keep the list open and add to it as new situations show up.

The list

SITUATION	WHAT I USUALLY DO ABOUT IT	HARD, 0 TO 100	TRIED ON

Varying it

Same situation, different place

Same situation, different time of day or with someone else there

Two of these combined

Combining two situations you have each worked on separately may help the learning stick.

A worksheet, not treatment, advice about your situation or a diagnosis. It is best used alongside a qualified clinician. If using it makes things worse, stop and speak to your GP or clinician, and in an emergency call 999. Written by Anxiety CBT Ltd and free to print for personal or clinical use, unchanged and with this footer left on. Not for sale. © 2026 Anxiety CBT Ltd · Dr Daniel O'Rourke · anxietycbt.co.uk/resources/exposure-menu