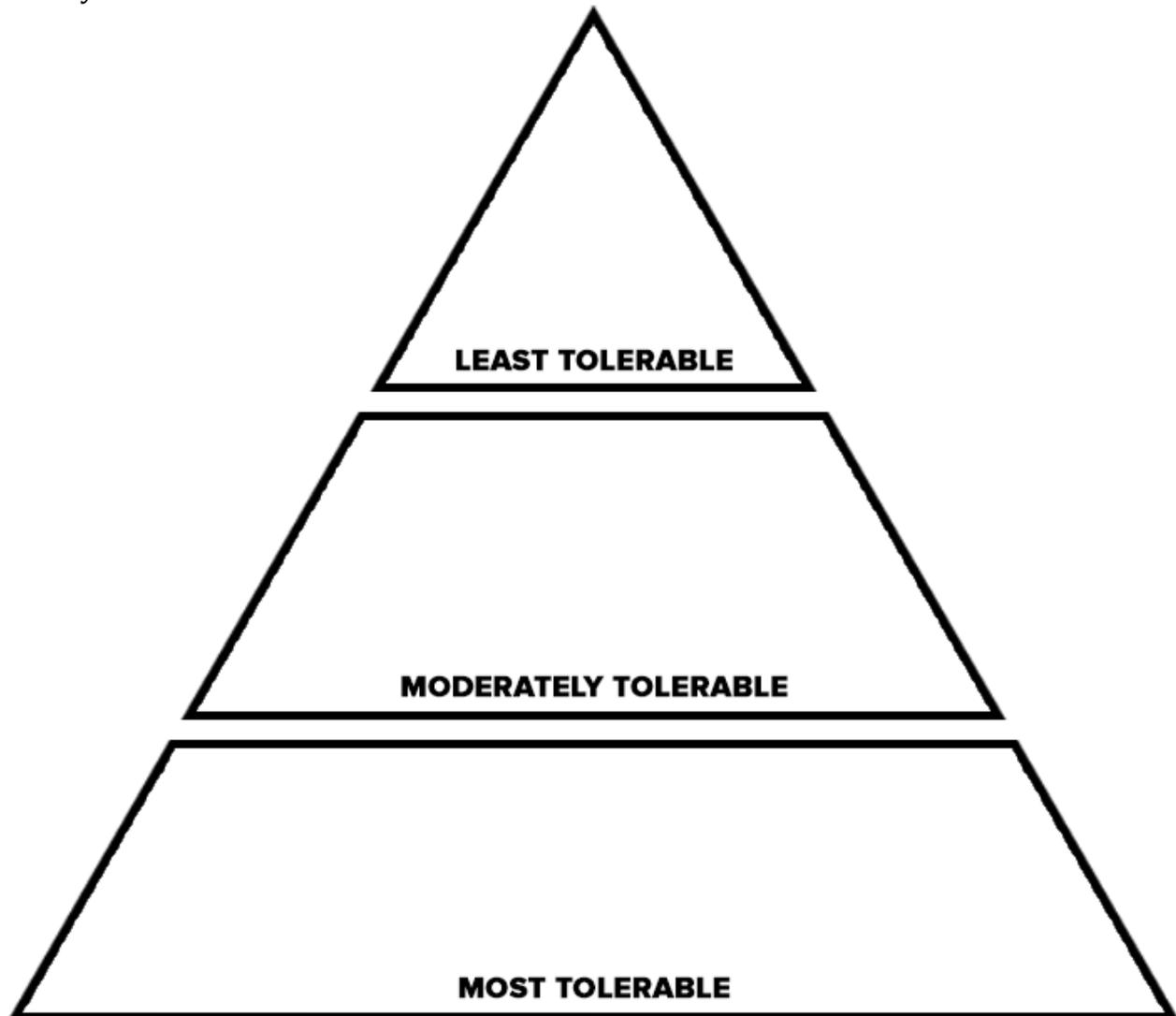


# Social Anxiety Hierarchy

A hierarchy of social anxiety is a method used to organize the most tolerable feared experiences and least tolerable feared experiences. It helps organize your triggers into 3 levels: most tolerable (bottom), moderately tolerable (middle), and least tolerable (top).

**Directions:** Complete the pyramid by placing the triggers for social anxiety in to the appropriate level below. Use this hierarchy of social anxiety to guide to work on managing and overcoming triggers for social anxiety.



- |                                   |  |  |  |
|-----------------------------------|--|--|--|
| 1. Talking on the phone           | 10. Talking to authority figures                 | 17. Being assertive with your needs to friends | 23. Making small talk with a cashier or worker |
| 2. Presenting information         | 11. Dating                                       | 18. Expressing your point of view or opinion   | 24. Attending doctor appointments              |
| 3. Performing alone               | 12. Intimacy/sex                                 | 19. Being assertive with your needs to family  | 25. Asking for directions                      |
| 4. Performing with others         | 13. Asking for help                              | 20. Reading out loud to others                 | 26. Ordering food over the phone               |
| 5. Public speaking                | 14. Asking for advice                            | 21. Eating in front of others                  | 27. Ordering food at a restaurant              |
| 6. Competition                    | 15. Writing / emailing / texting                 | 22. Waiting online                             | 28. Other: _____                               |
| 7. Attending a party with friends | 16. Being assertive with your needs to superiors |  |  |
| 8. Attending a party alone        |  |  |  |
| 9. Making small talk              |  |  |  |