

Amanda Petrík-Gardner, LCPC www.amandalcpc.com @anxietyocdtreatment

Worry/Fear:	
(ex: dogs, leaving the house, heights, public speaking, making mistakes, meeting ne	w people, spiders)
Steps Up to that Worry	Anxiety Rating
(ex: Pictures of a dog, walk by a dog. Read in front of one person, read only one line.)	0-10

(ex: Pictures of a dog, walk by a dog. Read in front of one person, read only one line.)	0-10