Exposure/behavioural experimentation hierarchy

Identify goal/s that you would like to be able to achieve relating to this activity: Staying overnight at my girlfriend's house (e.g., she has two roommates).

Behaviour/activity:	*Anxiety level/ subjective units of distress (SUDs):*	*Achieved/comments:*
Using bathroom while roommates are home.	10	*Excused self during TV show, urinated in bathroom, nobody noticed.*
Having bowel movement while girlfriend is home.	20	*Excused self, paused TV but was only gone about three minutes, she did not seem annoyed.*
Using bathroom while roommates are home.	30	*Urinated while roommates were setting table for dinner, excused self but nobody noticed I was away for three minutes.*
Having a bowel movement while only girlfriend is home.	40	*Used bathroom while she was working on a college paper, was gone about 10 minutes, asked if I was OK and continued with work.*
Having a bowel movement while roommates are home.	50	*Had bowel movement during Thursday night TV line-up, nobody noticed I was away for 10 minutes.*
Not sleeping, leaving before dawn before girlfriend notices I am gone.	60	*She was upset I wasn't there, and I explained I had to use the bathroom.*
Falling asleep despite roommates being home.	70	*Fell asleep after 30 minutes in bed, did not need to wake up to use bathroom.*
Leaving in the morning but before roommates are awake.	80	*Woke at 6am and went home to shower and use bathroom.*
Staying overnight but leaving first thing in the morning.	90	*Woke at 6am but showered and used bathroom before roommates were awake.*
Staying overnight and leaving after breakfast.	100	*Was able to wake up, use bathroom and have breakfast with girlfriend.*

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Exposure/behavioural experimentation hierarchy

Identify goal/s that you would like to be able to achieve relating to this activity: _____

Behaviour/activity:	*Anxiety level/ subjective units of distress (SUDs):*	*Achieved/comments:*
	10	
	20	
	30	
	40	
	50	
	60	
	70	
	80	
	90	
	100	

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