

NAME: _____

TODAY'S DATE: _____

IN VIVO HIERARCHY

0-----25-----50-----75-----100

	ACTIVITIES YOU'VE AVOIDED BUT WISH YOU COULD DO MORE COMFORTABLY (Ex: Hobbies you used to enjoy but don't do any more. Places your family and friends would like to go with you. Things that bring back painful memories but are also positive or useful. Obstacles to your freedom and sense of confidence.)	SUDS ESTIMATED TODAY	SUDS ESTIMATED AT GRADUATION
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