

Hierarchy for: Being in Crowds
(Specify core fear)

Step Number	Situations	Estimated distress in situation...
1	Going to mall after it opens at 10 on Saturday and Sunday-walking around less crowded areas-with buddy	20
2	Going to mall after it opens at 10 on Saturday and Sunday-walking around crowded areas-with buddy	30
3	Going to mall after it opens at 10 on Saturday and Sunday-walking around less crowded areas-alone	35
4	Going to mall after it opens at 10 on Saturday and Sunday-walking around crowded areas-alone	40
5	Going to Subway (Metro) at moderately busy time-getting on and off trains-with buddy	50
6	Going to Subway (Metro) at moderately busy time-getting on and off trains-alone	60
7	Going to Subway (Metro) at very busy time-getting on and off trains-alone	75
8	Going to local Bar at moderately busy time-with buddy	80
9	Going to local Bar at very busy time-with buddy	90
10	Going to local Bar at busy time-alone	100