

Justin K. Hughes, MA, LPC Owner, Dallas Counseling, PLLC www.justinkhughes.com justin@dallascounseling.com 469-490-2002

Hierarchy

Rank:	Situation, Thought, Sensation, Doubt, Feeling, Trigger, Etc.:
Most Difficult (or Distressing)	
10	
9	
8	
7	
6	
5	
4	
3	
2	
1	

Least Difficult (or Distressing)