

# Situational Anxiety Hierarchy

Compiled by D. Games

The anxiety hierarchy is designed to help you determine which situations cause the most stress and/or communication difficulty. Here are some sample situations to help create a hierarchy of difficulty. First circle situations where you might stutter more. Then, rank these situations from those in which the most stuttering occurs to those where stuttering is less frequent.

- Talking at home with
  - Mother and/or Father
  - Siblings
  - Home with guests
    - Guests – you know – your friends
    - Guests – you know – parents friends
    - Guests – strangers to you
    - Guests – strangers to you and to your parents
- Talking at school or at your job
  - Talking to other people at work/school
  - Talking to a friend on the phone while at work
  - Talking to a friend in the hallway
  - Talking to a secretary/manager at work
  - Talking to a teacher
- Talking to people in other situations
  - Talking to relative/friends/familiar peers
  - Buying gas/checking in a hotel/talking to a store clerk/supervisor/manager
  - Talking to people who are strangers to you
- Talking to other people
  - Talking to girlfriend/boyfriend
  - Talking to friend
- Talking on the phone
  - To friends
  - To relatives
  - To strangers
- Talking to an audience
  - In work/school-related situations
- Miscellaneous influences
  - Whispering
  - Talking at a normal level
  - Talking over noise
  - Talking after being interrupted
  - Being asked to repeat a message
  - Talking after waiting your turn to speak
  - Talking when anxious to say something
  - Talking during a fight/when angry