

Sample hierarchy- Sexual assault

- 30 - Feeling dizzy
- 30 - Holding hands
- 40 - Having partner come up behind me
- 40 - Saying no to someone (not partner, nonsexual advance)
- 45 - Wearing non-black colors
- 50 - Wearing shorts/skirts/short sleeves/v-neck t-shirts
- 50 - Seeing Pepsi logo/commercial/advertisement
- 55 - Working out in gym (midmorning)
- 60 - Walking to neighborhood park (daytime)
- 60 - Saying no to partner (nonsexual)
- 65 - Drinking beverage purchased at restaurant/shop
- 70 - Parking in parking garage during the day, no cars around
- 70 - Drinking Pepsi
- 70 - Working out in gym (evening)
- 70 - Having weight on top of me (weighted blanket)
- 75 - Having weight on top of me (pet)
- 80 - Saying no to partner's request for sexual intimacy
- 80 - Parking in parking garage next to cars
- 80 - Going out to dinner with friends, evening
- 85 - Having weight on top of me (partner cuddling, partially on side)
- 90 - Initiating consensual intimacy with partner
- 95 - Sleeping without lights on in house
- 95 - Sleeping without multiple layers of clothing on

Sample hierarchy- Military

- 30 – sitting in car alone (locked) listening to music
- 35 - Sitting/studying on front porch without scanning
- 40 – Looking at pictures from Afghanistan, uniform, or other items
- 45 – parking in a **safe** lot at school with no other cars around
- 50 – Going to the grocery store in the morning
- 50 – studying in the library while other people around (back not to wall)
- 55 – Playing basketball with a friend at school
- 55 – Talking with a friend or fellow vet about military experiences
- 60 – sitting in parking lot with cars on both sides
- 60 – parking 100 yards from trash on side of road
- 65 - Going to restaurant with partner and sitting without back to wall
- 65 – Going to movies and sitting in the back
- 70 – Being around people who resemble Middle Eastern appearance
- 70 – Being in a crowded mall or store with a trusted friend
- 70 - smelling gasoline
- 75 – Listening to MP3 of mortar exploding/AK-47 fire
- 80 – Going to the grocery store during the evening
- 85 – Going to the movies and sitting in the middle
- 90 – Park next to trash on side of the road
- 95 – Watching war movie or documentary clips

Sample hierarchy- Pre-eclampsia/preterm baby

- 40 - Feeling woozy
- 50 - Feeling headache tension
- 40 – Talking to MIL
- 40 - Driving to doctor building, standing in waiting room
- 50 - Making requests of husband
- 50 - Being around other young babies
- 55 - Eating food high in salt content
- 60 - Looking at pictures of pre-term babies
- 60 - Attending doctor appointments
- 70 - Going on NICU support forums
- 70 - Going to Rex hospital
- 70 - Allowing students to hug her (fear of getting germs on her and spreading to baby)
- 75 - Taking baby to playdates (fear of germ exposure d/t NICU status)
- 80 - Feeling panicky (heart racing/flushing)
- 85 - Not changing clothes/showering immediately when she comes home
- 90 - Considering having a 2nd baby
 - 70 - looking up risks,
 - 80 - talking to doctors,
 - 80 - talking to partner
- 90 - Engaging in pre-term advocacy
- 90 - Hearing people cough/sneeze/appear ill
- 90 - Not checking blood pressure when urge occurs
- 95 - Talking to husband about what occurred (including resentment)