My exposure ladder

Break a fear down into steps, from easiest to hardest.

Name _____ Date _____

The fear I am working on

My goal. What do I want to be able to do?

Brainstorm situations related to this fear. Rate how anxious each would make you, from 0 (none) to 100 (the most you can imagine). Then place them on the ladder with the hardest at the top. Vary things like distance, time, and whether you are alone to create in-between steps.

Step	Situation	Anxiety (0 to 100)
10 (hardest)		
9		
8		
7		
6		
5		
4		
3		
2		
1 (easiest)		

Start with a step rated around 30 to 50. Repeat it until it feels noticeably easier, then move up.

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