

# Fear Ladder Worksheet

Pick a situation that you commonly avoid due to anxiety and uncomfortable feelings. Write it down below next to #5 at the top of your ladder. Think of other smaller steps you can take to expose yourself to the fear you listed at the top of your ladder. Rate each step with the intensity of anxiety it would cause you to complete. Remember, you want each step to cause some level of anxiety. Once you decide to work on your ladder, you can start at the bottom and move up, or you can randomly pick any step and practice over and over.



Situations

Anxiety (0-10)

5.	
4.	
3.	
2.	
1.	