

Fear Ladder (Exposure Practice)

A fear ladder helps you gradually face anxiety-provoking situations step by step. Start small and work your way up — each step builds confidence and reduces avoidance.

Fear Level (0–100)	Situation / Exposure Step	Completed?

Safety Behaviours to Reduce

What do you do to avoid or reduce anxiety in the moment (e.g., avoidance, reassurance, distraction)?

Reflection

What did you learn from facing this fear? What actually happened vs. what you expected?
