

Fear Ladder Worksheet

Instructions

- Write one of your fears and your goal related to the fear
- Write situations or tasks that will trigger this fear. Start at the bottom with a situation that causes only a small amount of anxiety, and gradually work your way up to more difficult situations
- Rate these situations on a scale of 1-10, with 10 being the most anxiety-inducing and 1 being the least.

What is your fear?

What is your goal?

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Step In the Ladder	Situation	Anxiety Level (1-10)
5		
4		
3		
2		
1		

