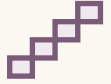


Facing fears: graded steps

Build a chosen, manageable ladder towards what matters



Choose steps that feel challenging but possible. Repeat, adjust and seek support; the goal is learning, not forcing yourself through overwhelm.

STEP 5

Situation or practice task: Before ___ Peak ___ After ___

STEP 4

Situation or practice task: Before ___ Peak ___ After ___

STEP 3

Situation or practice task: Before ___ Peak ___ After ___

STEP 2

Situation or practice task: Before ___ Peak ___ After ___

STEP 1

Situation or practice task: Before ___ Peak ___ After ___

WHAT I LEARNED AND WHAT I WILL TRY NEXT
