

Hierarchy of feared situations

RATE • CHOOSE • APPROACH



Build a gradual, chosen ladder towards greater freedom

List feared or avoided situations from more manageable to more difficult. Choose a starting point that is challenging but workable.

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
