

# Fear Ladder

Construct a ladder of places or situations that you avoid. At the top of the ladder put those which make you most anxious. At the bottom of the ladder put places or situations you avoid, but which don't bother you as much. In the middle of the ladder put ones that are 'in-between'.

**Most Afraid**

**Fearful**

**Anxious**

**Worried**

**Slightly Worried**

**At Ease**

**My Fears**

