

Fear Ladder

Build your personal hierarchy of feared situations. Start at the bottom with mild discomfort and work your way up to face your biggest fears - one step at a time.

HOW TO USE

1. Identify your target fear or anxiety trigger
2. List situations from least to most anxiety-provoking
3. Rate each situation from 0 (calm) to 100 (extreme distress)
4. Start exposure practice from the lowest rung
5. Move up only when current step feels manageable

ULTIMATE GOAL

SITUATION / STEP

DISTRESS (0-100)

DONE

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PROGRESS NOTES

Track your wins, challenges, and insights as you climb