

MY EXPOSURE LADDER

Fill out your exposure ladder, with the thing you would like to feel less anxious about at the top. Create small steps on the ladder leading up to your goal, and when taking each step, rate how anxious you feel before and after, using the thermometer.

GOAL!

Step 5 ...

Step 4 ...

Step 3 ...

Step 2 ...

Step 1 ...

10



1

10



1

