

EXERCISE: Making My Fear Ladder

Make your Fear Ladder by filling out Worksheets 14.4 and 14.5. Worksheet 14.4 helps you brainstorm and rate situations you avoid because of anxiety. Once this is done, put on **Worksheet 14.5** the item you rated with the highest anxiety on the top step, and the item you rated with the lowest anxiety on the bottom step. Fill in the other steps from high to low based on your anxiety ratings. If you rated some items equally, put them in the order that makes most sense to you, so that your Fear Ladder steps move from your least feared at the bottom to your most feared situations at the top of the ladder. It's OK if some of your steps are blank.

WORKSHEET 14.4. Making a Fear Ladder

1. First, brainstorm a list of situations, events, or people that you avoid because of your anxiety. Write them in the left-hand column below, in any order.
2. After you complete your list, rate how anxious you feel when you imagine each of the things listed in the first column. Rate these from 0 to 100, where 0 is no anxiety and 100 is the most anxious you have ever felt. Write these ratings next to each item in the right-hand column.

What I avoid	Rate anxiety (0-100)