

The Fear Ladder

Write the scariest version of your goal at the top. Then list steps beneath it that are less and less frightening, until you reach one that makes you only a little uneasy. Rate each from 1 to 10. Start at the bottom, and move up only when a rung feels manageable.

THE SCARIEST VERSION OF MY GOAL

Fear: ____/10

5

Fear: ____/10

4

Fear: ____/10

3

Fear: ____/10

2

Fear: ____/10

1

Fear: ____/10

START HERE: RUNG 1

The date I will do it: _____ How it went:

This borrows from gradual exposure, a well-studied approach to fear. If your fear is severe or interferes with daily life, a therapist can guide you through it.