

Exposure Ladder Worksheet pdf

Create a list of all the events, situations, and places that you fear visiting or going to.

Make a fear ladder from least fearful to the most fearful.

- **Tips to keep in mind before creating Exposure Hierarchy:**
Always be prepared to deal with any emergency situation, have a backup plan, or any safety behavior checklist.
- **Safety comes first:**
Never expose yourself to any such stimulus that might be unsafe. Play it safe.
- **Controllable:**
The environment in which you are going to create the exposure hierarchy needs to be well managed and free from any other extraneous variable.
- **Specific:**
Don't be vague, be specific, add details while exposing.
- **Repeatable:**
Ensure you'll be able to do each activity at least three times.

GRADED EXPOSURE

- Use the hierarchy on your worksheet to help you to identify what you are currently fearful of and what you are avoiding.
- Put the things that you find most fearful at the top and work downwards adding things that are medium difficulty and easier.
- Once you have created your hierarchy, select the step that causes you some anxiety (easiest), it should give you enough symptoms of anxiety to enable habituation to take place.
- Do the activity until your anxiety reduces and move on.

