

Fear Ladder: Graded Exposure

Build a separate ladder for each fear

Start with steps that cause mild anxiety and work towards steps that cause more anxiety

For middle steps consider length of time, environment, who is with you

Examples of Fear Ladders

Fear Ladder: Social Anxiety

- 10 Sit in a restaurant and order meal alone
- 9 Call the waiter over to get the check
- 8 Ask for modifications or add additional parts to the meal
- 7 Sit in a restaurant and order the meal with family present
- 6 Sit in a restaurant and order water with family present
- 5 Sit in a restaurant and greet the waiter with eye contact
- 4 Sit in a restaurant while parent orders food
- 3 Practice ordering food with a parent in the kitchen
- 2 Practice ordering food at home alone
- 1 Look at a menu at home

Fear Ladder: Phobia of Needles

- 10 Get a shot
- 9 Slightly prick skin with a needle
- 8 Clear skin with alcohol pad (step prior to getting a needle)
- 7 Watch someone get a needle in real life
- 6 Rest a needle on your skin
- 5 Stick a needle into a doll
- 4 Hold a needle
- 3 Watch a needle be stuck into a doll
- 2 Watch video of someone getting a needle
- 1 Look at a picture of a needle