**Fear Ladder**

Choose your goal, identify situations that can help you reach your goal and rate each one on a scale of 1-10.

Goal:

1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 – 10

No Fear Moderate Fear Extreme Fear

|  |  |  |
| --- | --- | --- |
| Step | Situation | Fear Rating (1- 10) |
| Step 10 |  |  |
| Step 9 |  |  |
| Step 8 |  |  |
| Step 7 |  |  |
| Step 6 |  |  |
| Step 5 |  |  |
| Step 4 |  |  |
| Step 3 |  |  |
| Step 2 |  |  |
| Step 1 |  |  |

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