

Fear / Exposure Ladder

Break one avoided situation into steps, rate each 0–100 (SUDS = subjective units of distress), climb from the bottom. Stay in each step until anxiety drops by half.

Goal situation I'm avoiding: _____

Fill top-down (hardest first) if it helps — then climb bottom-up.

Step	What I'll do	Fear 0–100	Date	Anxiety after (0–100)
10				
9				
8				
7				
6				
5				
4				
3				
2				
1				

Rules: (1) Repeat each step until anxiety drops ~50%. (2) No escape behaviors — no checking, reassurance, or safety props. (3) Never use the ladder for genuinely dangerous situations — those need professional guidance.