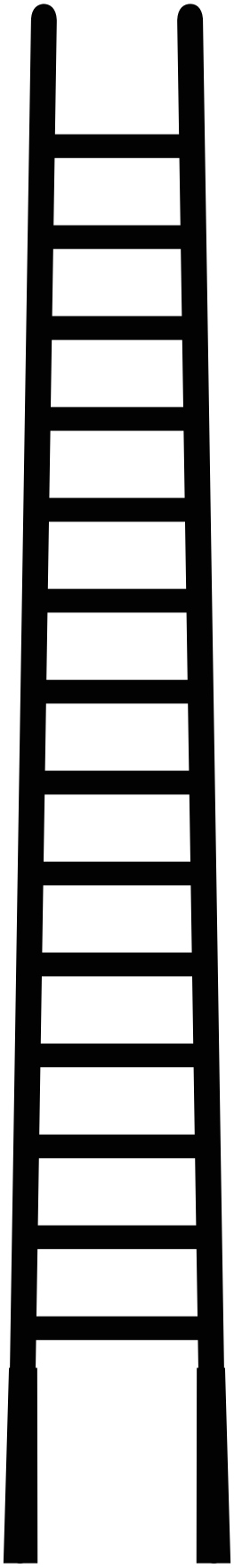
Fear Situation Worksheet

Construct a ladder of places or situations that you avoid. At the top of the ladder put those which which make you most anxious. At the bottom of the ladder put places or situations you avoid, but which don't bother you as much. In the middle of the ladder put ones that are 'in-between'. Give each item a rating from 0-100% according to how anxious you would feel if you had to be in that situation. Overcome your anxiety by approaching these situations, starting from the bottom of the ladder.



SITUATION	ANXIETY (0-100%)