

## **Exposure Ladder**

|                              | / <sub>W</sub> | /rite here |   |
|------------------------------|----------------|------------|---|
| Something I am anxious about |                |            |   |
|                              |                | Write here |   |
|                              |                | Write here | How can I break it                              |
|                              |                |            | down into smaller steps<br>so I can overcome it |
|                              |                | Write here |   |
|                              |                | Write here |   |
|                              |                |            |   |