ANXIETY LADDER

ANXIETY LEVEL

ANXIETY LADDER

My fear:

ANXIETY LADDER

Instructions:

1. Write your fear at the bottom of the ladder.
2. Break it into small steps, starting with something easy and gradually increasing in difficulty.
3. Write each step on the lines next to the ladder, from least to most challenging.
4. Start with the first step—try doing that small action or exposing yourself to the situation in a manageable way.
5. When you feel comfortable, move to the next step.
6. Tick off each step as you complete it.
7. Celebrate your progress when you reach the top!

ANXIETY LADDER

EXAMPLE

Give a short presentation in front of a larger audience.

Join a low-pressure meeting or discussion group and share a short comment.

Speak in front of a small group of friends.

Talk in front of a close friend or family member.

Practice speaking in front of a mirror.

Record myself reading

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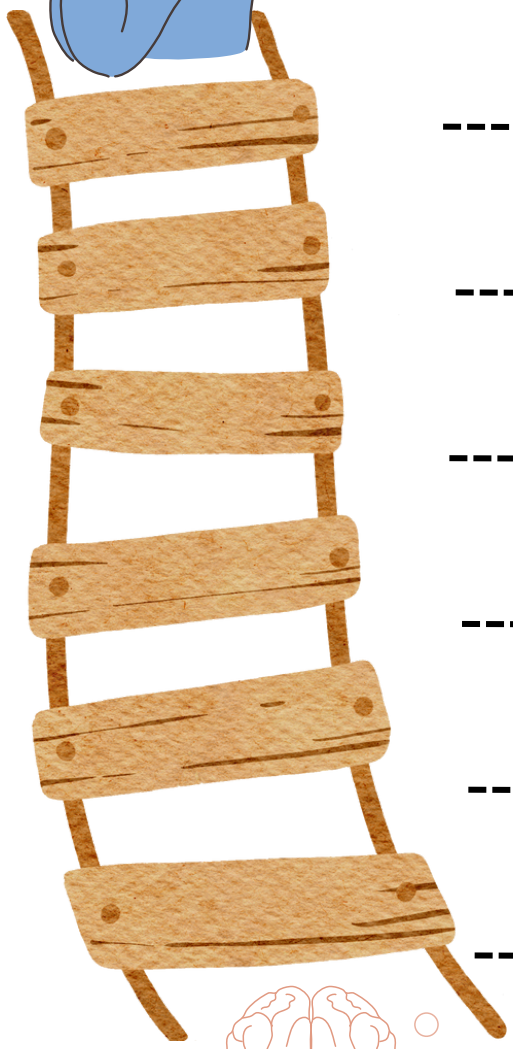
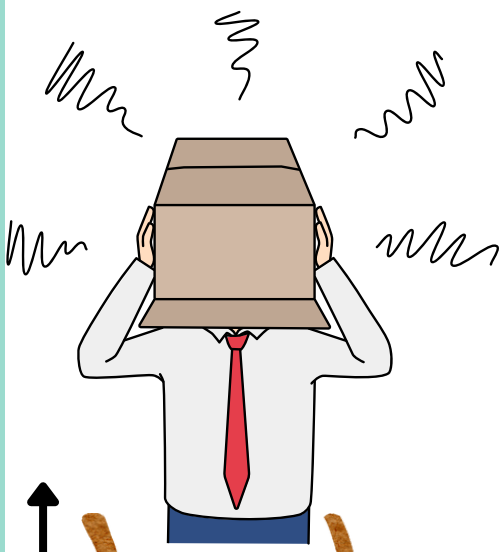
ANXIETY LADDER

ANXIETY LEVEL

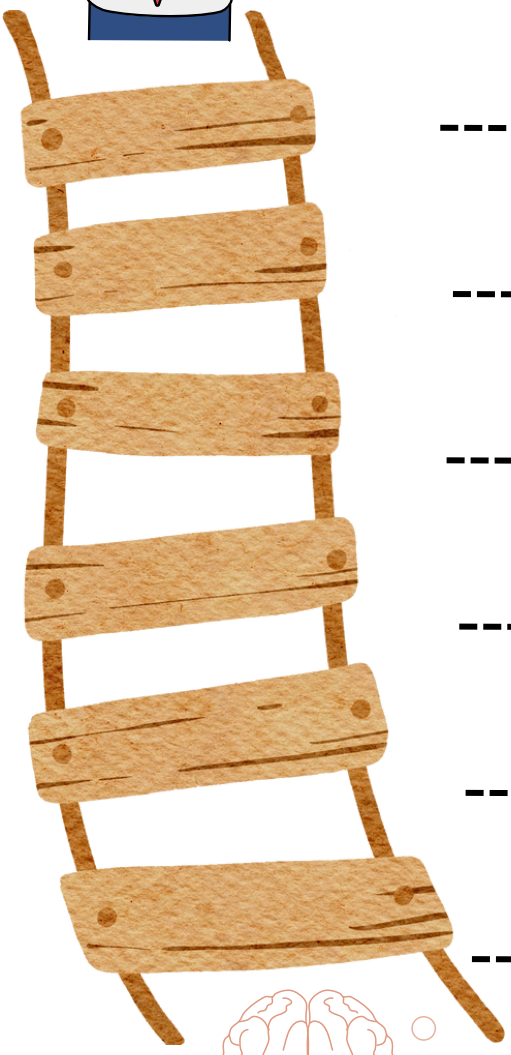


My fear:

ANXIETY LADDER



ANXIETY LEVEL



My worry:

ANXIETY LADDER

Instructions:

1. Write your fear at the bottom of the ladder.
2. Break it into small steps, starting with something easy and gradually increasing in difficulty.
3. Write each step on the lines next to the ladder, from least to most challenging.
4. Start with the first step—try doing that small action or exposing yourself to the situation in a manageable way.
5. When you feel comfortable, move to the next step.
6. Tick off each step as you complete it.
7. Celebrate your progress when you reach the top!

ANXIETY LADDER

Give a short presentation in front of a larger audience.

Join a low-pressure meeting or discussion group and share a short comment.

Speak in front of a small group of friends.

Talk in front of a close friend or family member.

Practice speaking in front of a mirror.

Record myself reading and listen to it.

Read aloud to myself at home.

My fear:

Speaking in front of a group

EXAMPLE

TOP FEARS AND STEP-BY-STEP EXPOSURE TECHNIQUES TO OVERCOME THEM

Fear of Public Speaking (Glossophobia)

- Read aloud to myself at home.
- Record myself speaking and listen to it.
- Practice in front of a mirror.
- Talk in front of a close friend or family member.
- Speak in front of a small group of friends.
- Join a discussion and say one short sentence.
- Give a short talk in front of a larger group.

Fear of Heights (Acrophobia)

- Look at pictures of high places.
- Watch videos of people in high places.
- Stand on a low step or balcony.
- Go to a higher floor and look out.
- Walk across a small bridge.
- Visit a tall building with railings.
- Try a safe outdoor activity at a height.

Fear of Enclosed Spaces (Claustrophobia)

- Sit in a small room with the door open.
- Stay in a small space with a window or door visible.
- Close the door for a short time and breathe deeply.
- Ride an elevator for one floor.
- Ride an elevator for a few floors.
- Stay in a small space (e.g., car, lift) for longer.
- Visit a tunnel or enclosed space and stay calm.

Fear of Flying (Aviophobia)

- Watch videos of planes taking off and landing.
- Visit an airport and watch planes.
- Read about how safe flying is.
- Sit in a plane that is not moving (if possible).
- Take a short flight with a friend.
- Fly a longer route while staying relaxed.
- Travel by plane comfortably on a normal trip.

Fear of Spiders (Arachnophobia)

- Look at pictures of spiders.
- Watch videos of spiders.
- See a small spider from far away.
- Stand closer to a small spider.
- Watch a spider in a glass tank.
- Be in the same room as a spider.
- Let a spider crawl near me or touch one gently.

Fear of Snakes (Ophidiophobia)

- Look at pictures of snakes.
- Watch videos of snakes.
- See a snake from a distance.
- Look at a snake in a zoo.
- Stand close to a snake in a safe setting.
- Touch a snake with guidance.
- Hold a small snake with support.

Fear of the Dark (Nyctophobia)

- Sit in a dimly lit room.
- Lower the lights in a familiar space.
- Spend a few minutes in a dark room with a small light.
- Sit in a dark room with a friend nearby.
- Walk through a dimly lit space alone.
- Stay in a dark room for a longer time.
- Sleep in total darkness.

Fear of Failure (Atychiphobia)

- Try something small with little risk.
- Do a simple task where mistakes are okay.
- Ask for feedback on a task.
- Try something slightly harder.
- Share my work with others.
- Take on a challenge with a chance of failing.
- Accept mistakes and keep trying.

Fear of Germs (Mysophobia)

- Touch a clean object and wait before washing hands.
- Shake hands with someone and breathe deeply.
- Touch a doorknob and wait before washing.
- Eat without using hand sanitiser first.
- Touch a surface in public and stay calm.
- Sit in a public space without wiping the chair.
- Handle objects freely throughout the day without needing to clean them.

Fear of Being Alone (Autophobia)

- Spend a few minutes alone in a familiar room.
- Stay home alone for a short time during the day.
- Take a short walk alone in a safe place.
- Eat a meal alone at home.
- Watch a movie or do an activity alone.
- Spend a few hours alone without distractions.
- Take a solo trip to a café, park, or event.

Fear of Loud Noises (Phonophobia)

- Listen to soft background noise (e.g., TV, music).
- Gradually increase the volume of sounds.
- Watch videos of fireworks or sirens at a low volume.
- Be near a loud sound (e.g., blender, vacuum) for a few seconds.
- Stand farther away from a real loud noise and observe.
- Move closer to loud sounds and stay calm.
- Attend an event with loud sounds (e.g., concert, fireworks).

Fear of Being Judged (Fear of Criticism)

- Wear something slightly different from usual.
- Share a small opinion in a safe space.
- Make a minor mistake in public and stay calm.
- Talk to a stranger briefly.
- Post something online without overthinking.
- Speak up in a small group.
- Express myself freely without fear of others' opinions.

SEE OUR WEBSITES FOR MORE FREE RESOURCES

1 WWW.SOCIALWORKERSTOOLBOX.COM

2 WWW.ANXIETYHELPBOX.COM

3 WWW.FEELINGSHELPBOX.COM