

# Anxiety Ladder

Each rung/step represents a situation that makes you anxious.

1. Starting with the top rung, write down the situation that scares you the most next to it - even if you think it's 'silly' - it's not silly if it scares you.
2. Give it a number out of 10 for how it makes you feel (10 being extremely anxious).
3. Move down the rungs and complete the process for any situations or anxious feelings that you'd like to work on and improve. As you move down, the situations should get easier.
4. The bottom rung should be the thing that gives you the least amount of anxiety - and this is the one you'll be working on first - *for example, making phone calls to book appointments (2)*.

The next time you are faced with the situation that's written on the rung, focus on improving your anxiety by changing your approach. It can be useful to start with these thoughts:

- Is my worry actually true, or have I exaggerated it or blown it out of proportion?
- Is there a more realistic point of view to take in this situation?
- If I wasn't worried/nervous/scared to do this, how would I go about it?

Start small, and work your way up the ladder by working on improving one situation at a time.

	(1-10)
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