



Phobia Ladder Worksheet

Phobia You Want to Overcome:

| Fear Rating | Activity Hierarchy | Anticipated Fear Rating (0-100) |
|---|---------------------------|--|
| Most Fear | | |
| | | |
| | | |
| | | |
| Medium Fear | | |
| | | |
| | | |
| | | |
| Least Fear (Should rate at least 50) | | |
| | | |
| | | |
| | | |

Fear Rating

| | | | | |
|---------|------|----------|--------|-------------|
| 0 | 25 | 50 | 75 | 100 |
| No Fear | Mild | Moderate | Severe | Very Severe |



Facing My Phobia Worksheet

Exposure Exercise:

| Date and Time of Exercise | Exposure Fear Ratings (0-100) | | | Minutes | Comments |
|---------------------------|-------------------------------|-------------------|-----------------|----------------------|----------|
| | Preparation for Exercise | Start of Exercise | End of Exercise | Duration of Exercise | |
| Exposure 1 | | | | | |
| Exposure 2 | | | | | |
| Exposure 3 | | | | | |
| Exposure 4 | | | | | |
| Exposure 5 | | | | | |
| Exposure 6 | | | | | |

| Fear Rating | | | | |
|--------------|------------|----------------|--------------|--------------------|
| 0 No Fear | 25 Mild | 50 Moderate | 75 Severe | 100 Very Severe |