

Facing My Fears

Once you have created a fear ladder for something you are afraid to do, but need or want to do, use this sheet to make a plan for taking a step on your fear ladder!

This week I am going to try this step on my fear ladder:

This is what I think will happen when I try to face this fear:

Some thoughts or ANTs I might have are:

1. _____
2. _____
3. _____

Some feelings I might have are:

embarrassed	anxious	scared	lonely	Add your own:	_____
sad	frustrated	worried	jealous	_____	_____
disappointed	annoyed	hurt	mad	_____	_____
ashamed	angry	confused	helpless	_____	_____

I can remind myself of these coping thoughts to help me do it:

1. _____
2. _____
3. _____

If I get through it, my reward will be:

Keep at it! Practice facing the same fear 4 times.

Date	Anxiety Rating Before (1-10)	Anxiety Rating After (1-10)

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Date	Anxiety Rating Before (1-10)	Anxiety Rating After (1-10)

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This is what actually happened when I practiced facing my fear:

What I learned from facing my fear:
