

Anxiety to Calm Week 3:



FEAR LADDER

<u>TIP</u>: Creating a Hierarchy

- Mode: Think technology imaginal, picture, video etc.
- Time/Duration
- Setting
 - \circ Location
 - $\,\circ\,$ Time of day
 - People present
- Moving to the next step
 - When do you move on?
 - o How many times do you repeat?