

## 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?