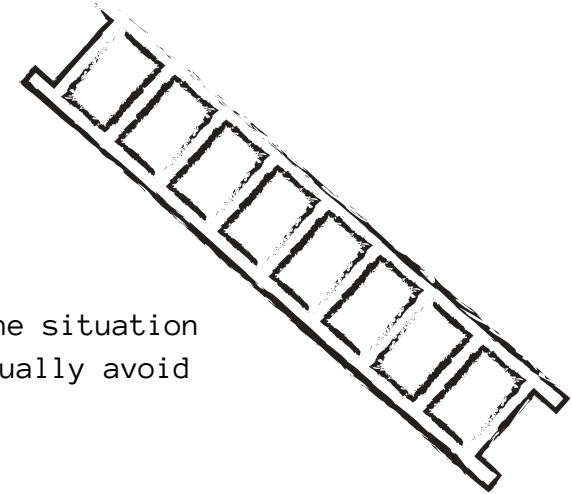


Ladder of Feared Situations



Use the table below to write down all of the situations where you feel distressed. Put them in order from the situation that you find the most difficult, to the situation you find the least difficult. Then, write whether you usually avoid this and rate how distressed you feel in each situation.
Think about your overall goal and whether these situations gradually work up to achieving it.

Number	Situation	Do you normally avoid this? yes/no	Distress rating (0-100)