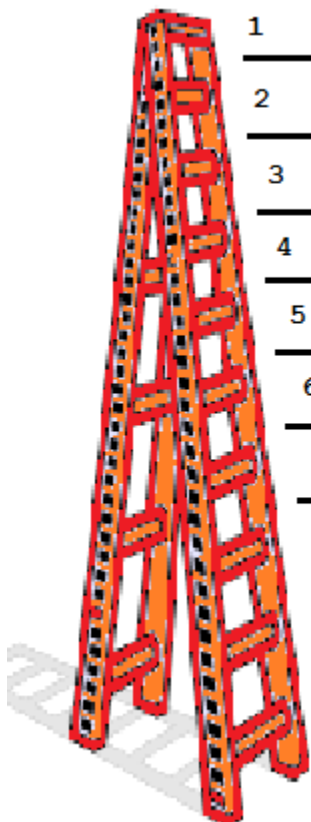


Exposure Ladder

An exposure ladder is a tool to assist you to face situations that you have been avoiding or find difficult.

Creating an exposure ladder

1. Choose a situation or object that is avoided because of a disproportionate fear or difficulty
2. Write down the conditions that would make it hardest to attempt this task. Label this as the highest/hardest rung on the ladder- a 1. This is the task you will be working up to.
3. Write down the conditions that would make it easiest to attempt this task. This is the lowest rung of the ladder- label it a 10. This might be as simple as imagining the task or doing it with a friend.
4. Now increase the difficulty of the (number 10) condition just slightly. Make it a little harder to attempt the task. This will be number 9 on the ladder.
5. Continue making each step a little harder until you have all the rungs completed on the ladder with the most simple on the bottom and the most difficult on the top. To do this you can change one of the conditions on the previous step, make sure the changes are gradual.
6. Once you have compiled the list, it is time to begin the exposure process!
7. Exposure must be gradual, attempting each task until it no longer evokes anxiety. We recommend it be completed with the assistance of psychological support to ensure the process is safe for you.



1 (hardest task)

2

3

4

5

6

7

8

9

10 (easiest task)
