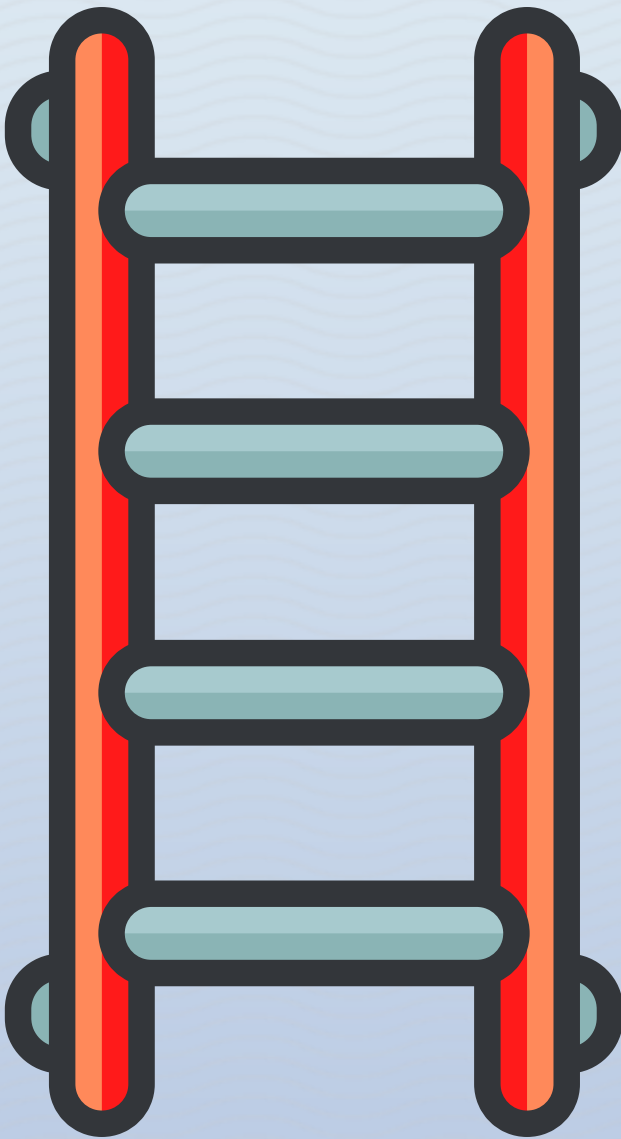




FEAR LADDER



Using the fear thermometer rate each exposure activity or situation on the fear ladder below



Activity or situation

Fear rating

Activity or situation	Fear rating
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
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_____	_____
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