

Gradual Exposure - facing your fears and worries by gradually putting yourself into situations you would normally try to avoid.

1. Write down the situation you get anxious about
2. Draw a ladder
3. Decide on an action that would be easiest to do. Write it on the bottom rung of your ladder.
4. On the top rung, write the final step you want to achieve.
5. Record other gradual steps that can get you there on the rungs in between.
6. Have a go at the action on the bottom rung.
7. As you tackle each step, measure your anxiety on a simple scale of 1-10.
8. Only move on to the next rung when you are ready to.
9. If you feel unable to try one of the actions, break it down into smaller steps on a mini ladder and tackle those, bit by bit.
10. Reward and praise yourself for achieving each step.

