The fear ladder

Think of overcoming anxiety like climbing a ladder, it happens one step at a time. Start by writing down your fear. Then, for each step of the ladder, write down one thing you can do to face the cause of your anxiety. Put the easier steps at the bottom, and the tougher steps at the top.

Remember to reward yourself each time you reach a new step!

The fear I'm facing is: Staying in class for a full lesson



Walk through the gates on my own

Come to school in the morning

Login for the lates resources - published monthly.