

# Facing My Fears

Once you have created a fear ladder for something you are afraid to do, but need or want to do, use this sheet to make a plan for taking a step on your fear ladder!

**This week I am going to try this step on my fear ladder:**

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**This is what I think will happen when I try to face this fear:**

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**Some thoughts or ANTs I might have are:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Some feelings I might have are:**

embarrassed	anxious	scared	lonely	<b>Add your own:</b> _____
sad	frustrated	worried	jealous	_____
disappointed	annoyed	hurt	mad	_____
ashamed	angry	confused	helpless	_____

**I can remind myself of these coping thoughts to help me do it:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**If I get through it, my reward will be:**

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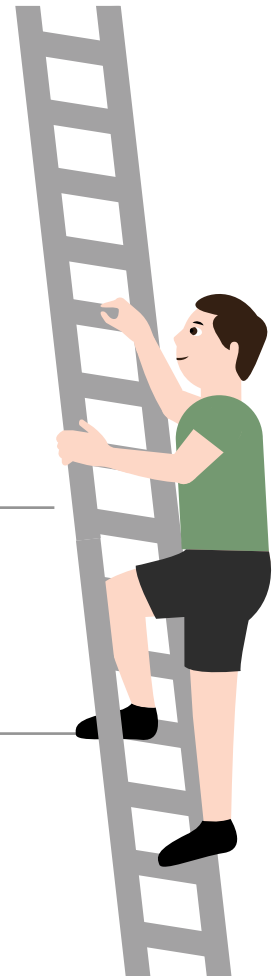
**Keep at it! Practice facing the same fear 4 times.**

Date	Anxiety Rating Before (1-10)	Anxiety Rating After (1-10)

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**This is what actually happened when I practiced facing my fear:**

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**What I learned from facing my fear:**

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