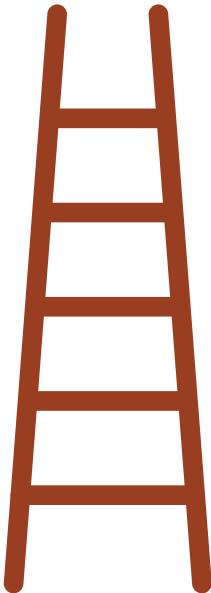


Cleo's Fear Ladder

Cleo has always been afraid of swimming. She is terrified of the water but really wants to face her fear because all her friends at TRAILS are going to the lake this summer. She needs to practice small steps to work her way to her goal of being able to swim with friends. Help Cleo build a fear ladder she can work through with help from her owner by filling in some of the challenges she can do.

Remember, Cleo needs to feel some anxiety at each level so she can learn she can do hard things even when she is afraid. She will need to practice each step several times!

Fear: Swimming	Anxiety (1-10)
 <ul style="list-style-type: none"> Go swimming with friends! 	10
•	
•	
<ul style="list-style-type: none"> Put on life vest and wade out into the water to her waist 	7
•	
•	
<ul style="list-style-type: none"> Dip her paws in the lake 	4
<ul style="list-style-type: none"> Have her owner take her to the lake but not go in the water 	2

