Fear Ladder Builder

List avoided situations, rate each 0 to 100, and order them from easier (bottom) to harder (top).

Name: _____ **Date:** _____

My fear: _____

What I think will happen: _____

Safety behaviors to fade: _____

0 = calm 30 to 50 = a good place to start 100 = the hardest

10		**Fear:**	/100
9		**Fear:**	/100
8		**Fear:**	/100
7		**Fear:**	/100
6		**Fear:**	/100
5		**Fear:**	/100
4		**Fear:**	/100
3		**Fear:**	/100
2		**Fear:**	/100
1		**Fear:**	/100

Original layout by Lotus & Tulip. Use with a clinician for OCD, trauma, panic with medical questions, or severe fear.

Exposure Practice Record

Plan the step, write your prediction, then compare it with what actually happened.

Name: _____ **Date:** _____

Before

Step from my ladder: _____

I predict this will happen: _____

_____

How sure am I (0 to 100%)? _____ **Expected fear (0 to 100):** _____

Safety behaviors I will drop: _____

How long or how many times: _____

During

Fear at the start, peak and end (0 to 100):

Start ☐ Peak ☐ End ☐

Did I use any safety behaviors anyway? ☐ No ☐ Yes, which: _____

_____

After

What actually happened: _____

_____

_____

Did my prediction come true? ☐ Not at all ☐ Partly ☐ Fully

How sure am I now that it will happen next time (0 to 100%)? _____

What I learned about the fear or about coping: _____

_____

_____

_____

Next step (repeat, vary, or move up): _____

_____

How I will reward the effort: _____

Kind words to myself: _____

_____

Original layout by Lotus & Tulip. Use with a clinician for OCD, trauma, panic with medical questions, or severe fear.

Weekly Exposure Tracker

Short, frequent practice beats one big push. Log each exposure, vary where and when you practice.

Name: _____ **Date:** _____

Day	Step practiced	Before	Peak	What I learned
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				
Sun				

Safety: if you or someone else might act on thoughts of suicide or self harm, in the US call or text 988 any time, or text HOME to 741741. If someone is in immediate danger, call 911. Exposure should feel challenging, not unsafe. Get a clinician's help for OCD, trauma memories, or body sensation exercises if you have heart, lung, seizure or pregnancy concerns.

Original layout by Lotus & Tulip. Use with a clinician for OCD, trauma, panic with medical questions, or severe fear.

L&T

Lotus & Tulip

Liked this free printable?

The complete, ready to print version is here:

Anxiety Worksheets for Therapists

Fillable PDF: type into the fear ladder, plus worry log, exposure practice log, grounding and 0 to 10 anxiety scales (20 pages)

Holiday sale on Etsy until Dec 2: about $11.04, was $14

Get it on Etsy

etsy.com/listing/4607254494 | instant digital download

See every page first: lotustulip.com/anxiety-worksheets-for-therapists.html

More free printables: lotustulip.com/free-tools.html

Lotus & Tulip printables. Personal and professional use with your own clients or students.