Fear Ladder (Sample)

What is my goal? Touch objects in public places (malls)

1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10 No Fear Moderate Fear Extreme Fear

STEP FEAR RATING

		KATING
13	Use toilet at mall	10 +/10
12	Use hands to open and close stall door	10/ 10
11	Touch counter and taps in mall bathroom	9/10
10	Touch knob on mall bathroom door	9/10
9	Touch garbage can in the mall	8/10
8	Use public phone at mall	8/10
7	Use hands to push open doors to mall entrance	7/10
6	Touch table in the food court	7/10
5	Sit on bench at mall and touch bench with hands	6/10
4	Touch railing at mall	6/10
3	Touch items in a store	5/10
2	Sit on bench at mall	4/10
1	Walk around public places, such as the mall	2/10

Fear Ladder What is my goal?			
1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10 No Fear Moderate Fear Extreme Fear			
STEP FEAT			