

FEAR LADDER

Everyone experiences fear, but understanding it can help us take control. This worksheet helps you list and rank your fears from 0 (no fear) to 100 (extreme fear). Write your fears in the boxes next to the number that best matches how scary they feel. There are no right or wrong answers. Recognising your fears is the first step toward managing them.

MY BIGGEST FEARS

LEVEL ↑

100

90

80

70

MY

FEAR LADDER

Everyone experiences fear, but understanding it can help us take control. This worksheet helps you list and rank your fears from 0 (no fear) to 5 (extreme fear). Write your fears in the boxes next to the number that best matches how scary they feel. There are no right or wrong answers—this is about your personal experience. Recognising your fears is the first step toward managing them.

ANXIETY LEVEL ↑

5

4

3

2

MY BIGGEST FEARS

FREE DOWNLOAD

MY FEAR: Fear of Heights (Acrophobia)
MY GOAL: Feel comfortable being at heights without overwhelming fear.

STEPS TO FACE MY FEAR

ANXIETY LEVEL ↑

100 Stand at a great height alone and feel at ease

90 Look over the edge of a tall building with a trusted person

80 Walk across a tall bridge or rooftop garden

70 Visit a high viewpoint or observation deck with a friend

60 Cross a small footbridge with handrails

50 Stand near a railing in a safe high place (e.g., balcony)

40 Walk up a few flights of stairs and look down

30 Go to a second-floor balcony and look down

20 Stand on a small step stool for a few second

10 Watch videos of people safely at heights

0 Look at pictures of high places (mountains, skyscrapers)

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EXAMPLE

MY FEAR: Fear of the Dark
MY GOAL: Feel comfortable being in the dark without fear.

STEPS TO FACE MY FEAR

ANXIETY LEVEL ↑

5 Lie in a completely dark room for a few minutes each day, increasing the time until I can fall asleep there

4 Walk through a completely dark room for a short time

3 Sit in a dark room with the door slightly open for comfort

2 Turn off the main light, leaving only a nightlight

1 Sit in a dimly lit room with a lamp on

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MY BIGGEST FEARS

↑

ANXIETY LEVEL

100

90

80

70

60

50

40

30

20

10

0

↓

100	
90	
80	
70	
60	
50	
40	
30	
20	
10	
0	

FEAR LADDER

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MY BIGGEST FEARS

↑ ANXIETY LEVEL

5	
4	
3	
2	
1	

FEAR FACING LADDER

MY FEAR: _____
MY GOAL: _____

STEPS TO FACE MY FEAR

↑ ANXIETY LEVEL

100	
90	
80	
70	
60	
50	
40	
30	
20	
10	
0	

FEAR FACING LADDER

MY FEAR:

MY GOAL:

STEPS TO FACE MY FEAR

↑

ANXIETY LEVEL

5	
4	
3	
2	
1	

WHAT IS THE FEAR FACING LADDER?

The Fear Ladder is a way to gradually face things that make you anxious. Instead of jumping straight to the hardest challenge, you break it down into smaller steps. This helps reduce worry and build confidence over time.

HOW TO USE THIS WORKSHEET

Step 1: Set Your Goal

At the top of the worksheet, write down your fear and your goal. Choose something that makes you anxious but that you want to overcome.

Step 2: Identify Smaller Steps

Think about smaller steps that will help you work toward your goal. Start with something that feels easy (low anxiety) and gradually increase the difficulty until you reach your goal.

Step 3: Start Practising

Begin with the easiest step and work on it until it feels more comfortable. When you are ready, move to the next step. Keep going until you reach your goal!

Helpful Tips:

- Take deep breaths before each step.
- Remind yourself that fear reduces with practice.
- Celebrate small successes along the way.

Remember:

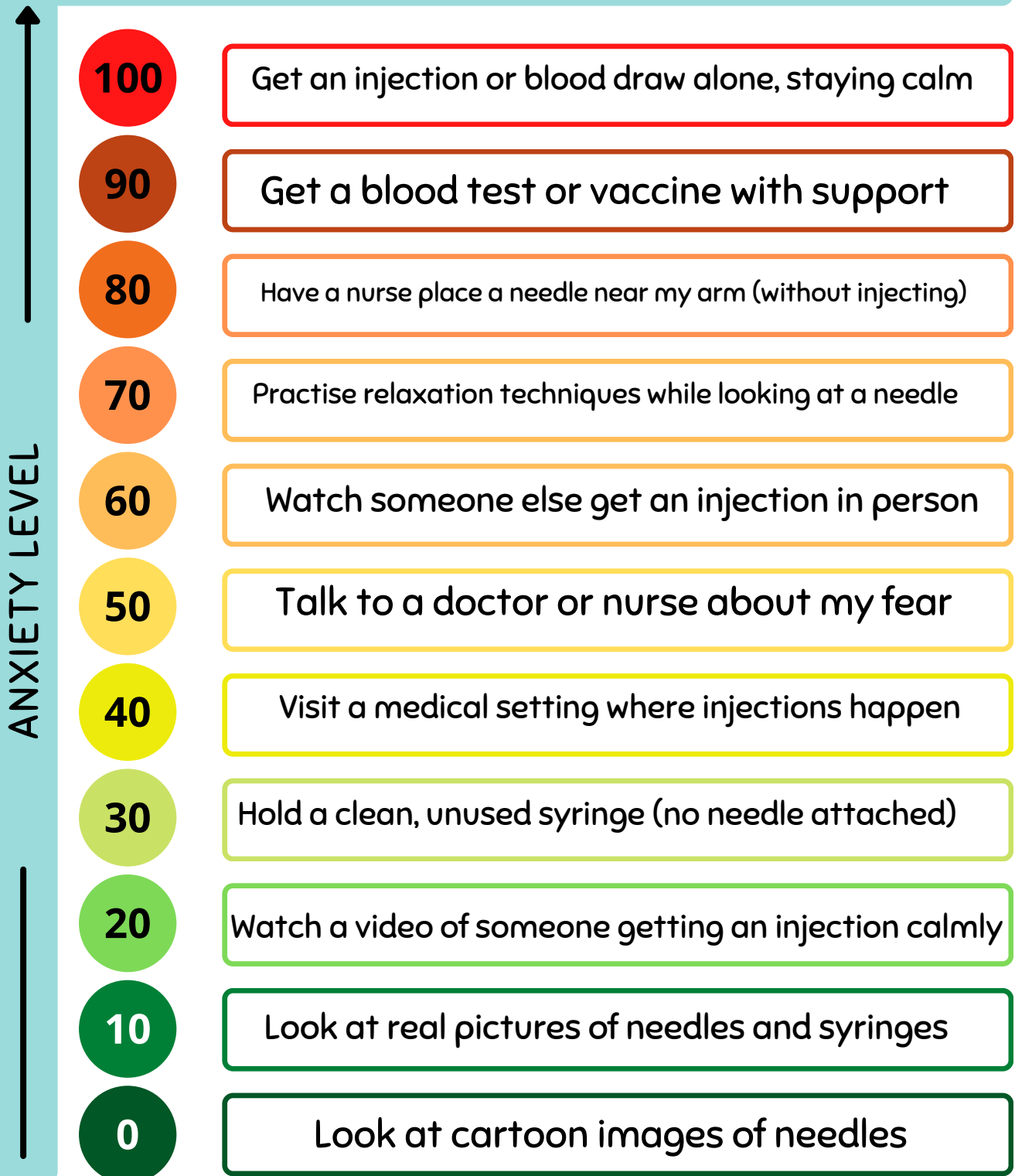
Each step you complete is progress! Facing your fears gradually helps build confidence and makes difficult tasks feel easier over time.

EXAMPLE

MY FEAR: Fear of Needles (Trypanophobia)

MY GOAL: Receive injections or medical procedures involving needles without extreme fear.

STEPS TO FACE MY FEAR

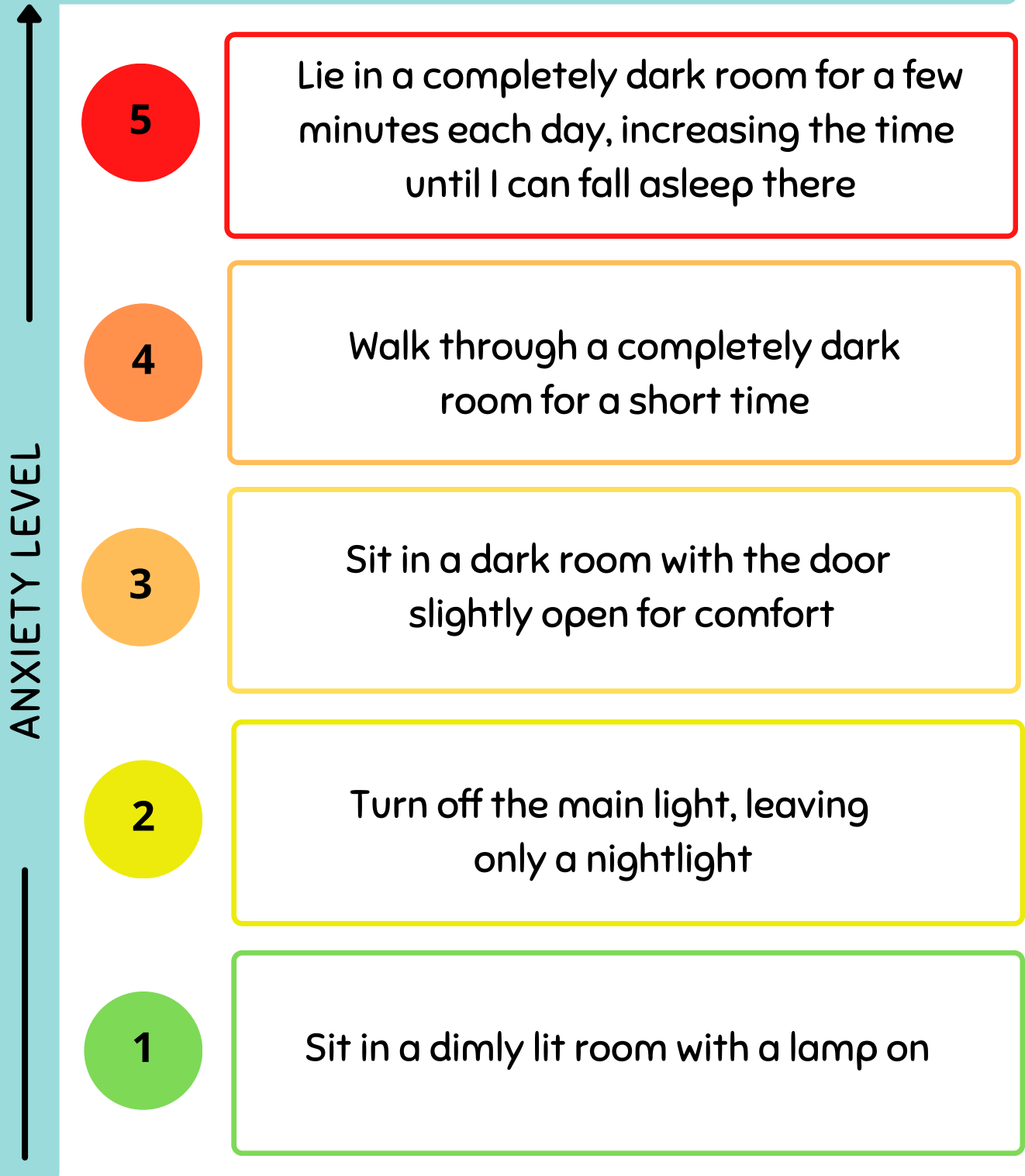


EXAMPLE

MY FEAR: Fear of the Dark

MY GOAL: Feel comfortable being in the dark without fear.

STEPS TO FACE MY FEAR



EXAMPLE

MY FEAR: Fear of public speaking

MY GOAL: Give a public speech in December.

STEPS TO FACE MY FEAR



EXAMPLE

MY FEAR: Fear of Flying

MY GOAL: Fly comfortably without excessive anxiety.

STEPS TO FACE MY FEAR



EXAMPLE

MY FEAR: Fear of Social Situations (Social Anxiety)

MY GOAL: Feel comfortable speaking and interacting with others in social situations.

STEPS TO FACE MY FEAR



EXAMPLE

MY FEAR: Fear of Heights (Acrophobia)

MY GOAL: Feel comfortable being at heights without overwhelming fear.

STEPS TO FACE MY FEAR



EXAMPLE

MY FEAR: Fear of Spiders (Arachnophobia)

MY GOAL: Feel comfortable being around spiders without fear.

STEPS TO FACE MY FEAR



SEE OUR WEBSITES FOR MORE **FREE** RESOURCES

1 WWW.SOCIALWORKERSTOOLBOX.COM



2 WWW.ANXIETYHELPBOX.COM



3 WWW.FEELINGSHELPBOX.COM



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