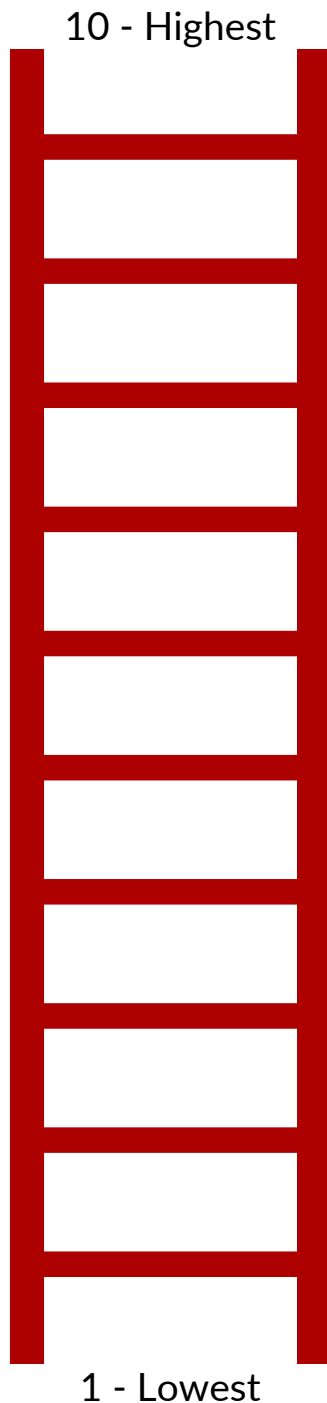


CONQUER YOUR FEARS

Don't be afraid to ask a trusted adult for help when doing this task and make sure you take a moment to celebrate success once you have finished all of the steps! It takes courage to overcome your fears.



TIPS FOR EACH STEP

Step 1: Write Your Fear

Write this at the top of your ladder, this could be anything from meeting new people, talking in front of a group, or going to new places.

Step 2: Rate Your Fear

Rate your fear out of 10. 1 means not scared at all and 10 means very scared.

Step 3: Write steps you can take to overcome your fear

At the bottom, start by writing the first step you can take, related to your fear, which could take to gradually overcome it.

For example, the top might be sleeping in the dark, the first step may be to plug a night light in or listen to a podcast to take your mind off it.

Keep writing more steps until you reach the top and work through them one step at a time. If you start feeling nervous as you progress, use techniques like deep breathing to help you relax.

Step 4: Reward Yourself

After you finish a step, it's important you feel proud of yourself and celebrate your achievements.

Completing a fear ladder takes time, but it can make you more confident and less scared of things that used to frighten you. Take control and keep being brave!