

Exposure ladder

A graded list of situations you avoid – from the easiest to the hardest.

Avoidance doesn't come apart by jumping into the worst, but step by step, on stairs you set yourself. Start at around **30–40** and repeat each step until the rating drops by half. With more severe difficulties, do this **with a therapist's support**.

My ladder

SITUATION I AVOID	DISTRESS RATING 0-100

Practice log

DATE	WHICH STEP	DISTRESS BEFORE	HIGHEST DURING	DISTRESS AFTER	DID I STAY TO THE END?

The rules

I don't end the exercise at the peak – I stay until it drops.

Next stair only once the rating has halved.