

**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**

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

## Fear Ladder

*What is my goal?* \_\_\_\_\_

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 No Fear                          Moderate Fear                          Extreme Fear

**STEP**

**FEAR  
RATING**
