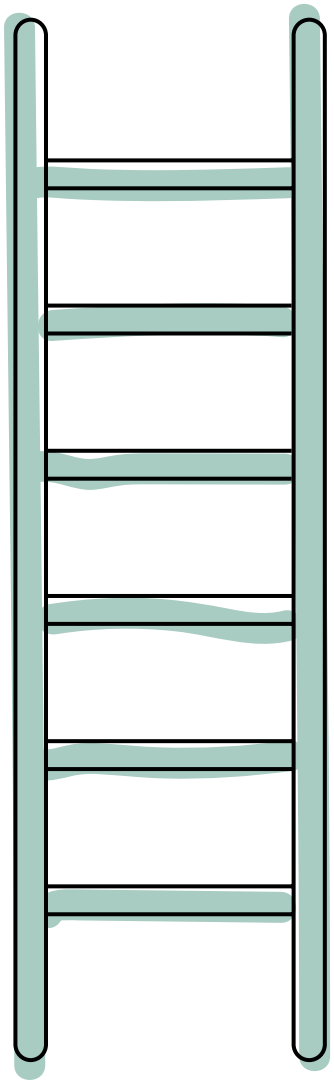
The ladder of avoidance

MindWell

www.mindwell-leeds.org.uk

Create a list of situations or places you avoid or try to escape from ranking them in order of situations that make you the most anxious (scale of 0-100). It's a good idea to start overcoming your anxiety by confronting the situations at the bottom of the ladder first - those situations which cause you the least fear. This technique is often called **Graded exposure**.



Situation	Level of anxiety 0 -100