RESOURCE

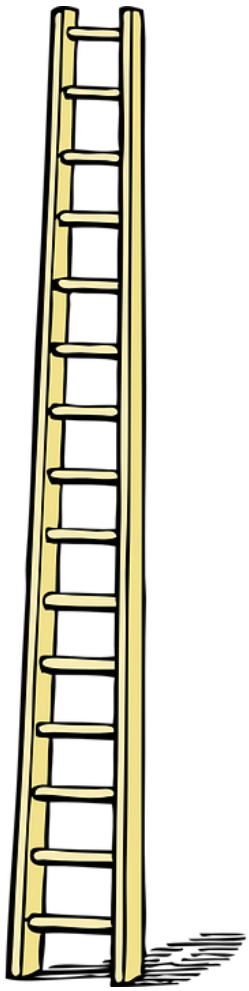
FEAR LADDER

Tackling scary challenges can sometimes feel like climbing a very tall, wobbly ladder. The closer we get to the top, the more anxious we can become about being so far off the ground. When we get to the top, though, we can also feel proud of ourselves for achieving such a difficult and scary task; the way to do this is by taking one step at a time.

HOW?

You can use this fear ladder to make note of the difficult tasks you wish to achieve. Start with the simpler tasks at the bottom, and increase to more difficult tasks toward the top of the ladder.

Check off a task when you have completed it. Each time you achieve one small step, you'll gain more confidence to keep climbing!



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