

An example of a Fear Ladder

What is my goal?

Getting an immunization.

Activities or Situation	Fear rating
Getting a needle in my upper arm	10/10
Slightly pricking my skin with a needle	9/10
Watching someone else get a needle in real life	8/10
Resting a needle against my skin	9/10
Watching a film of someone getting a needle	7/10
Injecting an orange with water	7/10
Holding a needle	6/10
Watching an orange being injected	4/10
Watching someone hold a needle	4/10
Looking at photos of injections	3/10
Talking about having an injection	2/10
Thinking about having an injection	2/10
Pulling off a Band-Aid	1/10
Playing with my friends	0/10

Ways to reward my success along the way: going bowling, playing a game with my Granddad, going out to a movie...

Photos and videos on the web are often made to be extra scary. Try these instead.

<https://www.youtube.com/watch?v=TGGDLhmqH8I>



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Climbing My Fear Ladder

What is my goal?

Activities or Situation	Fear rating
	/10
	/10
	/10
	/10
	/10
	/10
	/10
	/10
	/10
	/10
	/10
	/10
	/10
	/10
	0/10

Ways to reward my success along the way:

Revised from: Climbing my Fear Ladder, Anxiety BC

<https://www.anxietybc.com/sites/default/files/Climbing%20my%20Fear%20Ladder%20Sheila%20Specific%20Phobia.pdf>