

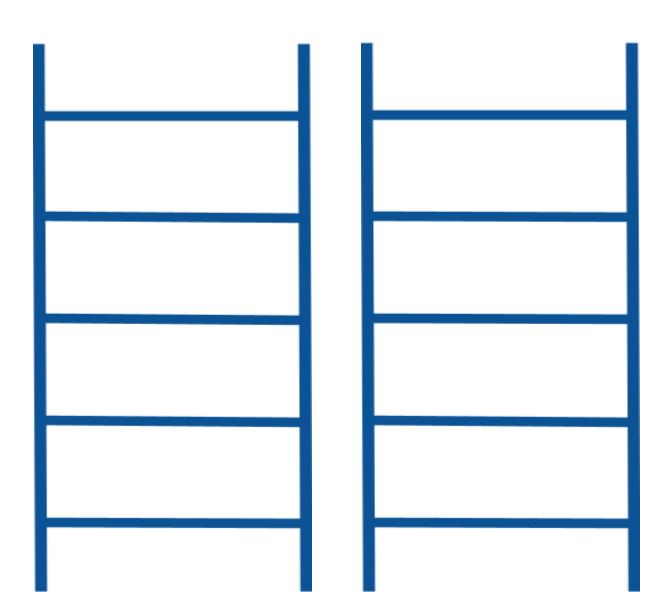
## Week 7: Behavioral Experiments

### **Exposure Ladder Worksheet**

Take small steps to face your worry one rung at a time!

#### **Instructions:**

- 1. Think of something that makes you a little nervous or worried.
- 2. Break it down into small steps from easiest to hardest.
- 3. Draw or write each step on a rung of the ladder.
- 4. Start at the bottom and take one brave step at a time.



# MINDBRIDGE

## EXERCISE I ACT EXPOSURE

Write and draw your ACT.
Circle or take inspiration on how it might make you feel:
What is one thing that makes you nervous?
Why is it important
to you?
Brainstorm Brave Steps: