

MINDBRIDGE

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.

The image shows two identical empty exposure ladders side-by-side. Each ladder is composed of two vertical blue lines and six horizontal blue rungs, creating a total of six rectangular boxes for writing. The ladders are intended for users to write down steps of a behavioral experiment, starting from the bottom rung and moving upwards.

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EXERCISE 1 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:
