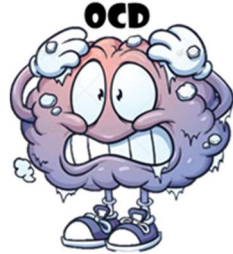




## Activity – Hierarchy- The Ladder of Fear



(not happy  
you're planning  
to try this  
stuff...)

Video Practice “The Ladder of Fear”. Fill in this ladder for the OCD video example:  
Hardest



10	
9	
8	
7	
6	
5	
4	
3	
2	
1	

Easiest