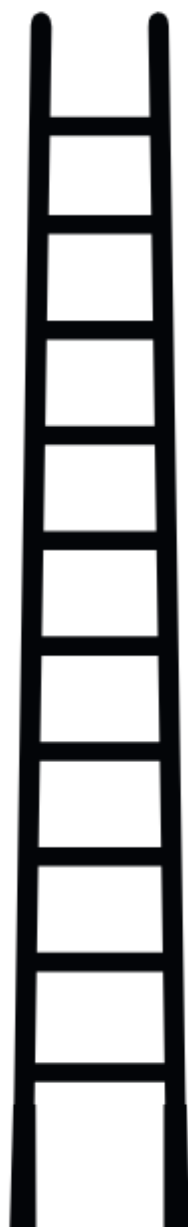


Facing Your Fears

To overcome our fears it can help to build our confidence gradually. You can think of it as being like climbing the steps of a ladder.

Start by writing down the fear that you are facing. Then for each step of the ladder write down one thing you can do to face that fear head-on. Make sure to reward yourself for each step you take.

The fear I am facing is: _____



Most difficult



Least difficult