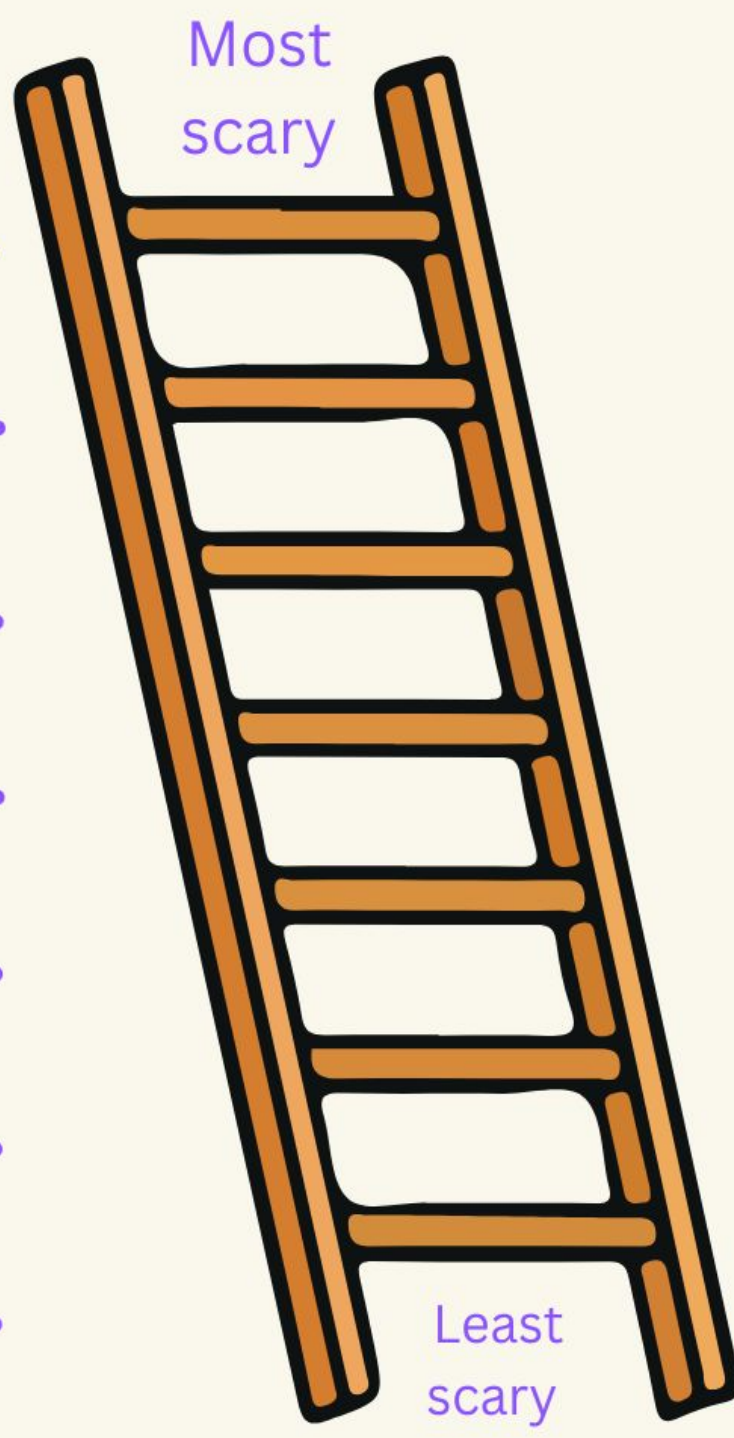


Fear Ladders

You can use this ladder by downloading and adding text to the sheet, or printing it off and writing your answers. Having a person to support you when taking the steps on your ladder is important, so make sure to add someone's name in the space at the bottom.

	Fear rating /10
7.....	<input type="checkbox"/>
6.....	<input type="checkbox"/>
5.....	<input type="checkbox"/>
4.....	<input type="checkbox"/>
3.....	<input type="checkbox"/>
2.....	<input type="checkbox"/>
1.....	<input type="checkbox"/>



Who is holding your ladder?

.....