

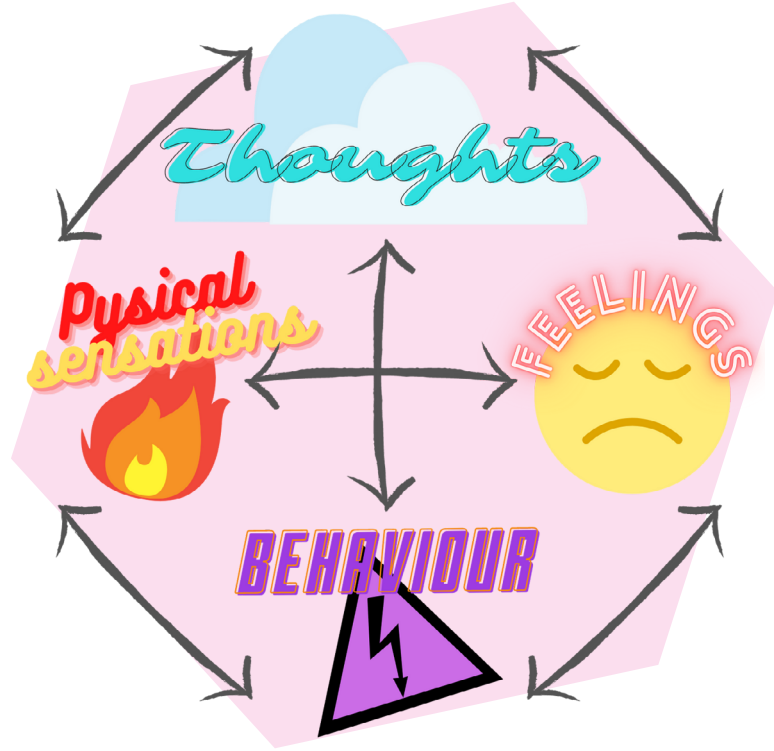
# FEAR LADDERS

Sometimes we wish we could do something, like go to a party, put your hand up in class, or go to the beach showing your CMN. But sometimes, we feel so worried about what might happen that we hold back and avoid doing the things we want to do. What we do (or don't do!) is the **behaviour** part of the Hot Cross Bun.

## HOT CROSS BUN

Do you remember the Hot Cross Bun model on the right? Our behaviour, thoughts, feelings and physical sensations all interact. When we avoid doing something because we are worried, not only do we miss out, but we will probably miss out in the future too because we never have the chance to show ourselves there was nothing to worry about.

But it's not as easy as just forcing ourselves to do something. What we can do is break up these goals into lots of smaller steps and work our way up gradually until we can do the things we want to without feeling overwhelmed.



## HOW DO I DO IT?

### 1 THINK OF A GOAL

Is there something you want to be able to do, but you're too worried? Think of a goal and put it at the top rung of the ladder. Find someone who you can talk to and can support you through using your fear ladder.

### 2 BREAK IT DOWN INTO STEPS

This bit can be difficult. First, think about something related to your goal that is a 0 or 1/10 for worry and put this on the bottom rung. Add rungs in between in small steps, giving each a rating out of 10 for how scary they are.

### 3 START FROM THE BOTTOM

Now it's time to try out your ladder. Start with the action at the bottom and repeat until you no longer feel nervous doing it. Gradually work your way up the ladder, repeating each action until you're comfortable.

### 4 PRACTICE, PRACTICE, PRACTICE!

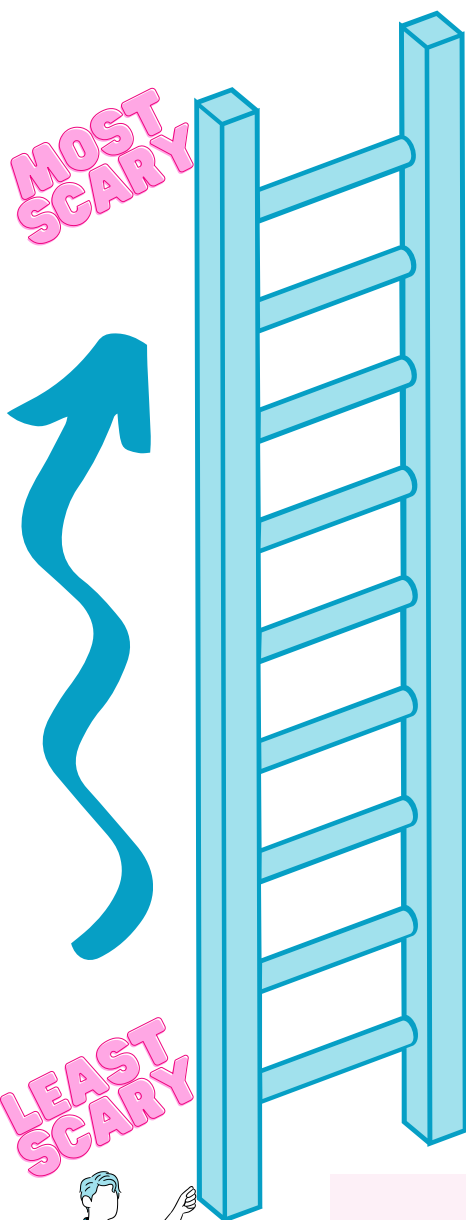
Remember, it's better to go slow than too fast. If you are struggling with a step, try taking a step back or adding another rung in between. Keep checking in with the person you trust and see if they can help you. This could take weeks or even months, so be patient!

# FEAR LADDERS

To use the ladder, either print and write on the sheet or use your device to type on the lines. Or, you can create your own ladder. Remember to speak with an adult about trying Fear Ladders. This could be a parent, or you can contact our Support Pathway Coordinator.



Remember: When you use a ladder, the most important part is having someone you trust hold it steady for you. Make sure you have someone who knows you are trying this and that you can check in with. You can add their name below the ladder.



## FEAR RATING /10

|   |       |                          |
|---|-------|--------------------------|
| 9 | ..... | <input type="checkbox"/> |
| 8 | ..... | <input type="checkbox"/> |
| 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?

.....

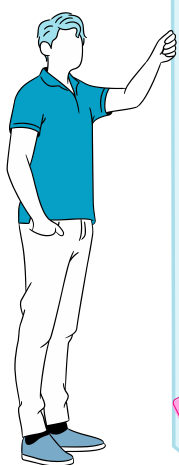
LOOK AT THE NEXT PAGE FOR SOME EXAMPLES

# FEAR LADDERS

Here are some examples of Fear Ladders. Remember, you don't have to use all 9 spaces, or you can use more than 9 if you need to. It's important to go slow!

FEAR  
RATING  
/10

My friend  
is holding  
the ladder



- 7 Go to school without wearing makeup over my CMN.
- 6 Wear lighter makeup at school.
- 5 See friends without makeup.
- 4 See friends with less makeup on.
- 3 Go to the shops without makeup.
- 2 Videochat a friend with light makeup.
- 1 Stop wearing makeup at home.

6

5

5

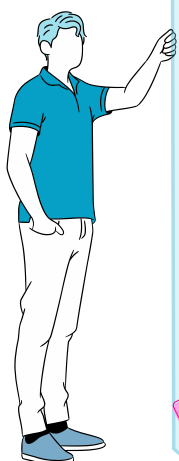
4

3

2

1

My mum is  
holding the  
ladder



- 7 Have a conversation with someone new at school.
- 6 Ask a question to a new person.
- 5 Join in group discussions at school.
- 4 Smile and say 'hi' to a new person.
- 3 Start conversations with a friend.
- 2 Practice starting conversations with mum.
- 1 Say 'hi' to a friend.

5

4

4

3

2

2

1