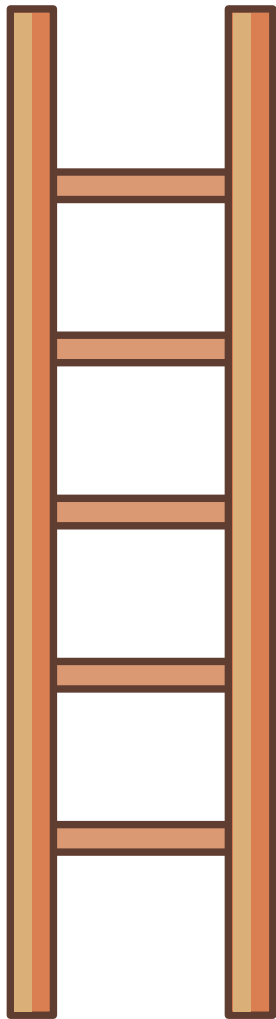


STEPLADDER PLAN

Goal	Thought
<input type="text"/>	<input type="text"/>
Reward	<input type="text"/>



High steps (most fear)

<input type="checkbox"/>	<input type="text"/>	<input type="checkbox"/>	<input type="text"/>
<input type="checkbox"/>	<input type="text"/>	<input type="checkbox"/>	<input type="text"/>

Middle steps (medium fear)

<input type="checkbox"/>	<input type="text"/>	<input type="checkbox"/>	<input type="text"/>
<input type="checkbox"/>	<input type="text"/>	<input type="checkbox"/>	<input type="text"/>

Low steps (least fear)

<input type="checkbox"/>	<input type="text"/>	<input type="checkbox"/>	<input type="text"/>
<input type="checkbox"/>	<input type="text"/>	<input type="checkbox"/>	<input type="text"/>

Set a small
reward every
time you try
a step!

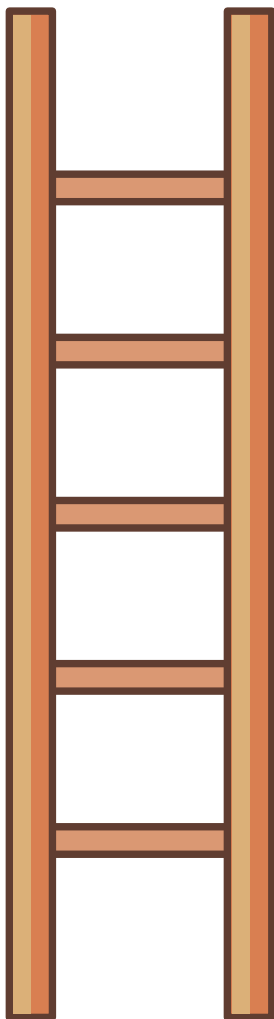
Fear rating

0 25 50 75 100
No Fear *Mild* *Moderate* *Severe* *Very Severe*

STEPLADDER PLAN

example

Goal	Thought
<i>Not to be scared of dogs</i>	<i>Dogs will jump on me and bite me</i>
Reward	<i>Going to London for the weekend with my mum and friends</i>



High steps

100	<i>Give a dog a cuddle</i>	90	<i>Stand close to a dog and pat it on the head</i>
90	<i>Crouch down next to a dog and pat it on the head</i>	80	<i>Stand close to a dog and touch it on its body</i>

Middle steps

80	<i>Walk up to the dog and stand close by</i>	70	<i>Walk past a dog less than 50m away</i>
70	<i>Walk past a dog less than 10m away</i>	70	<i>Stay on the street when there is a dog outside</i>

Low steps

70	<i>Open the front door when there is a dog outside</i>	50	<i>Look at a dog from a closed window from inside</i>
60	<i>Look at a dog from an open window from inside</i>	50	<i>Look at videos of dogs</i>

Set a small reward every time you try a step!