



Worry Ladders

Use the Worry Ladder with someone you trust (e.g., a parent or friend)



Sometimes, worries can stop us from doing things that we enjoy because we are scared of what might happen. Often, we find the thing we were worried about actually wasn't as scary as we thought.



Worry ladders can help break an activity up into smaller, more manageable chunks and slowly work up to doing the thing we are scared of.

1. Identify a task

Think of something you want to do but are worried about.



2. Break it down

With someone you trust, break it down into smaller activities, building up to the thing you are scared of.



3. Start at the bottom

Put the easiest task at the bottom of the ladder, and make them slightly harder as you go up each step to the top.



4. Climb the ladder

Slowly move up the ladder. After each step, think about how the task was.

Was it as scary as your expected?

How did you feel?



5. Don't climb too fast

Repeat the step until you feel confident. This can take time, so be patient!



6. Make adjustments

If you find one of the steps hard, consider going back down a step or adding an extra step on the ladder.



7. Congratulate yourself!

Don't forget to celebrate when you get to the top!



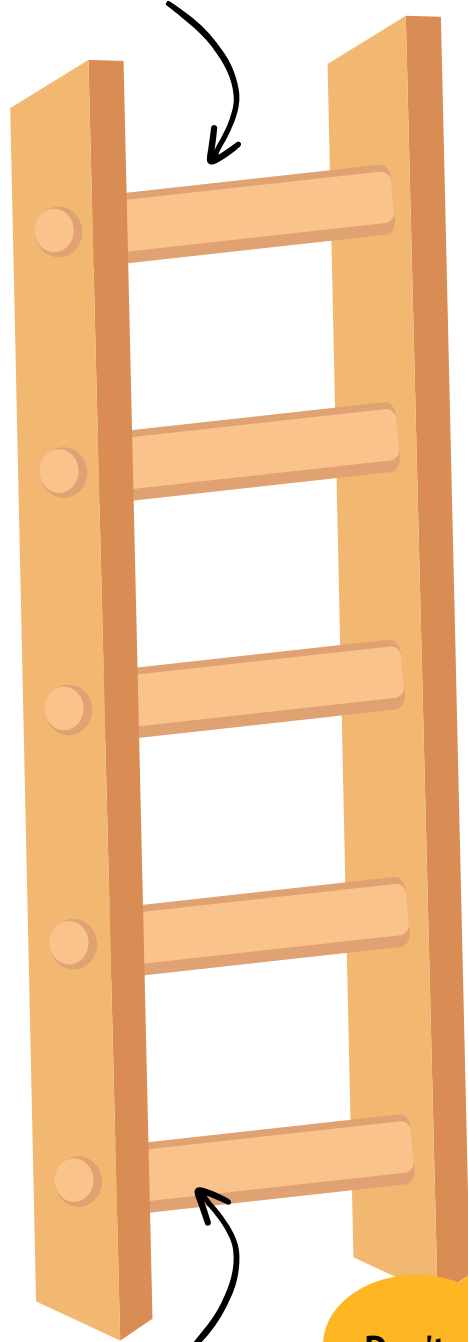
Remember to ask someone you trust to hold the ladder for you!



Worry Ladders

Here is an example of how to use the fear ladder. Don't forget to ask someone you trust, like a friend or parent, to help you come up with the different steps. They can help hold you ladder and make sure you don't fall off!

Most Scary



Least Scary

Step 5: Wearing shorts or a skirt that show the eczema on my legs in public.

Step 4: Go to a public place wearing shorts/a skirt for 10 minutes.

Step 3: Go for a walk near my house with friends or family wearing shorts or a skirt

Step 2: Hang out with my friends at home wearing shorts or a skirt.

Step 1: Wearing shorts or a skirt at home when I'm with my family.

Don't move up the ladder until you feel confident with the step you are on.

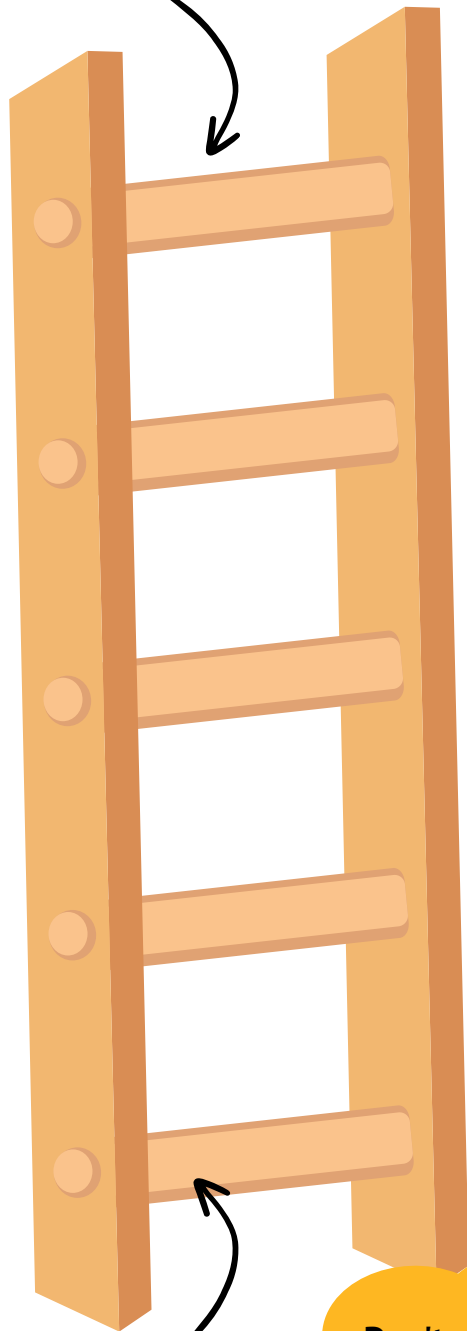
Make sure you put the least scary task at the bottom and work your way up to achieving the thing you are scared of at the top (step 5).



Worry Ladders

Break the thing you are scared of doing down into small chunks. Make each activity slightly harder than the one before until you reach top of the ladder. Don't forget to ask someone you trust, like a friend or parent, to help you come up with the different steps. The key to a stable ladder is having someone you trust to hold it as you climb up!

Most Scary



Least Scary



Step 5:

Step 4:

Step 3:

Step 2:

Step 1:

Don't move up the ladder until you feel confident with the step you are on.

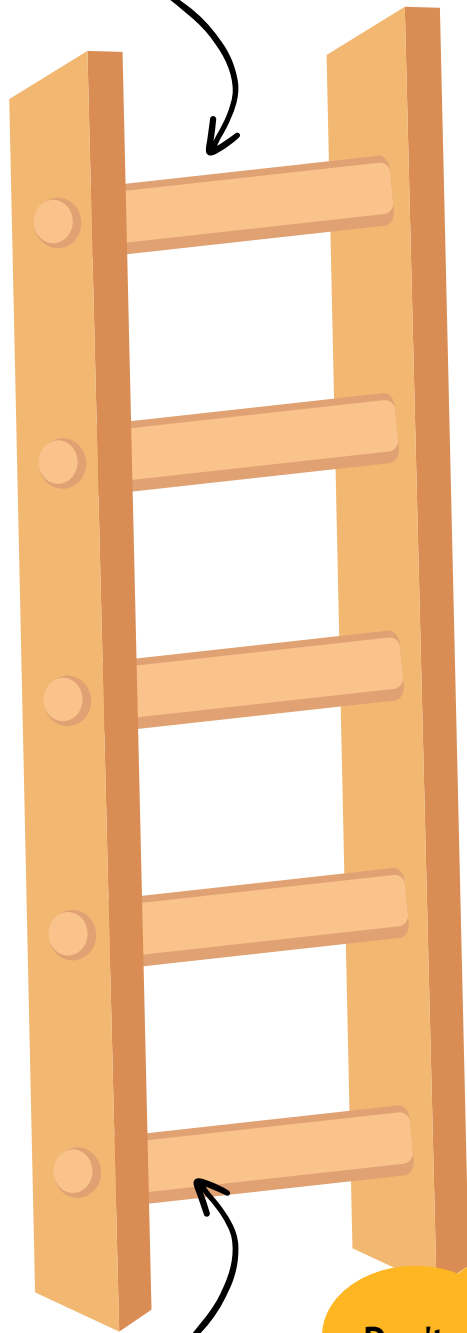
After doing each step, think about how you found it. Was it as scary as you thought?



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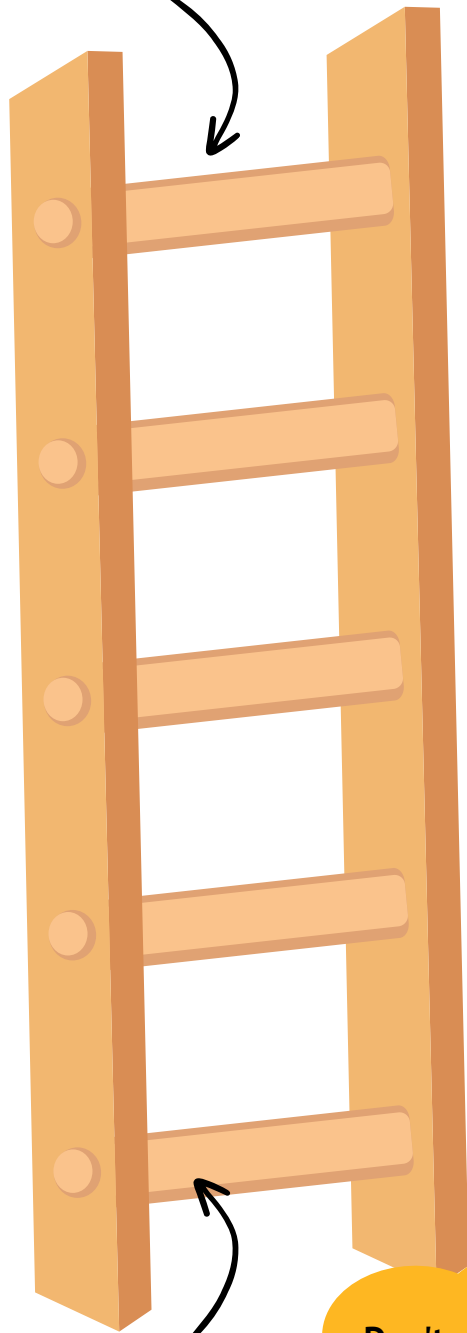
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