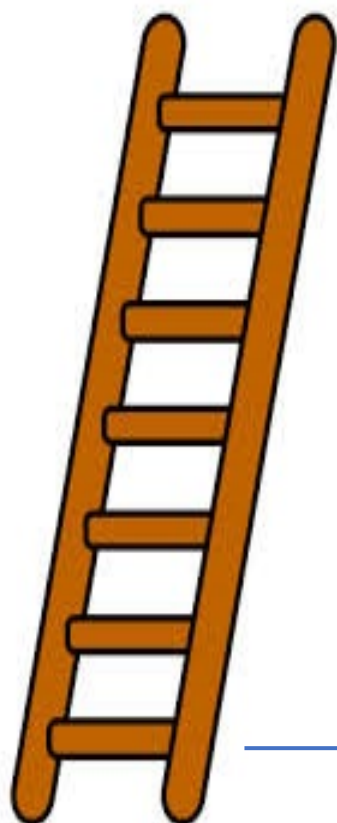




Apples for the Mind by Dr Tom Nehmy

Chapter 7 Upgrade – Exposure Ladder template



YOUR GOAL:



YOUR BEGINNING POINT (1 step out of your comfort zone):

Instructions

Fill in the successive steps of difficulty to ensure equal increases in difficulty from the first step to your goal.

The initial step should be something that feels a bit intimidating, makes you a little nervous, but that you could probably do if you pushed yourself (1 step outside your comfort zone).

The goal behaviour or situation may currently feel unattainable, and that's fine. All big goals initially seem out of reach. Write it down anyway, even if it feels far-fetched.

Then fill in the successive steps to get there.

Once you have mapped out your entire ladder, focus only on repeatedly doing the first step until it starts to feel easy.

Remember, you will need to do each step several times before you are ready for the next step. The principles of habituation and exposure mean you should do each exposure trial for long enough that your subjective discomfort reduces by about half.

Good luck!