

Behavioural Challenge Step Ladder – Example 2

Hierarchies (also known as step ladders) are a pivotal part of CBT and behaviour-based therapy.

Instructions:

1. Create a “goal”
2. List challenging, but achievable, steps to reach it
3. Give each step a score for how difficult it feels (0-10).
4. Work through the steps from the easiest to hardest

Note: only move up a step when you feel ready to do so. It might be worth repeating a step multiple times before moving upwards.

Example Goal: Go to the local cafe when fully busy (with a group of people) for coffee and food

Steps to Reach Goal		Difficulty Rating (1-10)
1	Go to the local cafe when quiet (with a friend Ben who knows about your social anxiety) for coffee	2
2	Go to the local cafe when quiet (with a friend Ben who knows about your social anxiety) for coffee and food	3
3	Go to the local cafe when busier (with a couple of people) for coffee	5
4	Go to the local cafe when busier (with a couple of people) for coffee and food	6
5	Go to the local cafe when fully busy (with a group of people) for coffee	7
6	Go to the local cafe when fully busy (with a group of people) for coffee and food	9