

Behavioural Challenge Step Ladder – Examples

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

Note1: Where practicable, only move up a step when you feel ready to do so. You may need to add extra steps, or repeat particular steps many times

Note2: It's often not easy to organise these things precisely, even a well-planned situation can change when someone else unexpectedly turns up

Note 3: Accept that your anxiety will go up and down, but remember to focus outward on the conversation or task at hand, not on how you feel inside

Example Goal 1: Give a prepared presentation during a staff meeting and answer questions	Example Goal 2: Go to busy café (with a group of people) for coffee and food
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Steps		Difficulty (1-10)	Steps		Difficulty (1-10)
1	Read out the presentation, at home, with no one present	2	1	Go to the local cafe when quiet, with a friend you trust, just for coffee	2
2	Read out the presentation to someone you trust	4	2	Go to the local cafe when quiet, with a friend you trust, for coffee and food	3
3	Do the presentation in the actual room you will do the meeting – but with no one present	5	3	Go to the local cafe when busier (with 2 people) for coffee	5
4	Do the presentation to just one or two co-workers and have them ask a few practice questions	8	4	Go to the local cafe when busier (with 2 people) for coffee and food	7
5	Do prepared presentation during a staff meeting and answer questions	10	5	Go to the local cafe when busy (with a group of people) for coffee and food	10