

Social Anxiety - Behavioural Challenge Step Ladder

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 step ladders at www.socialanxietyalliance.org.uk/worksheets-printables

Goal:

Steps to Reach Goal		Difficulty Rating (0-10)	Comments and reactions <i>e.g. what helped, what didn't, what did you learn?</i>
1			
2			
3			
4			
5			
6			