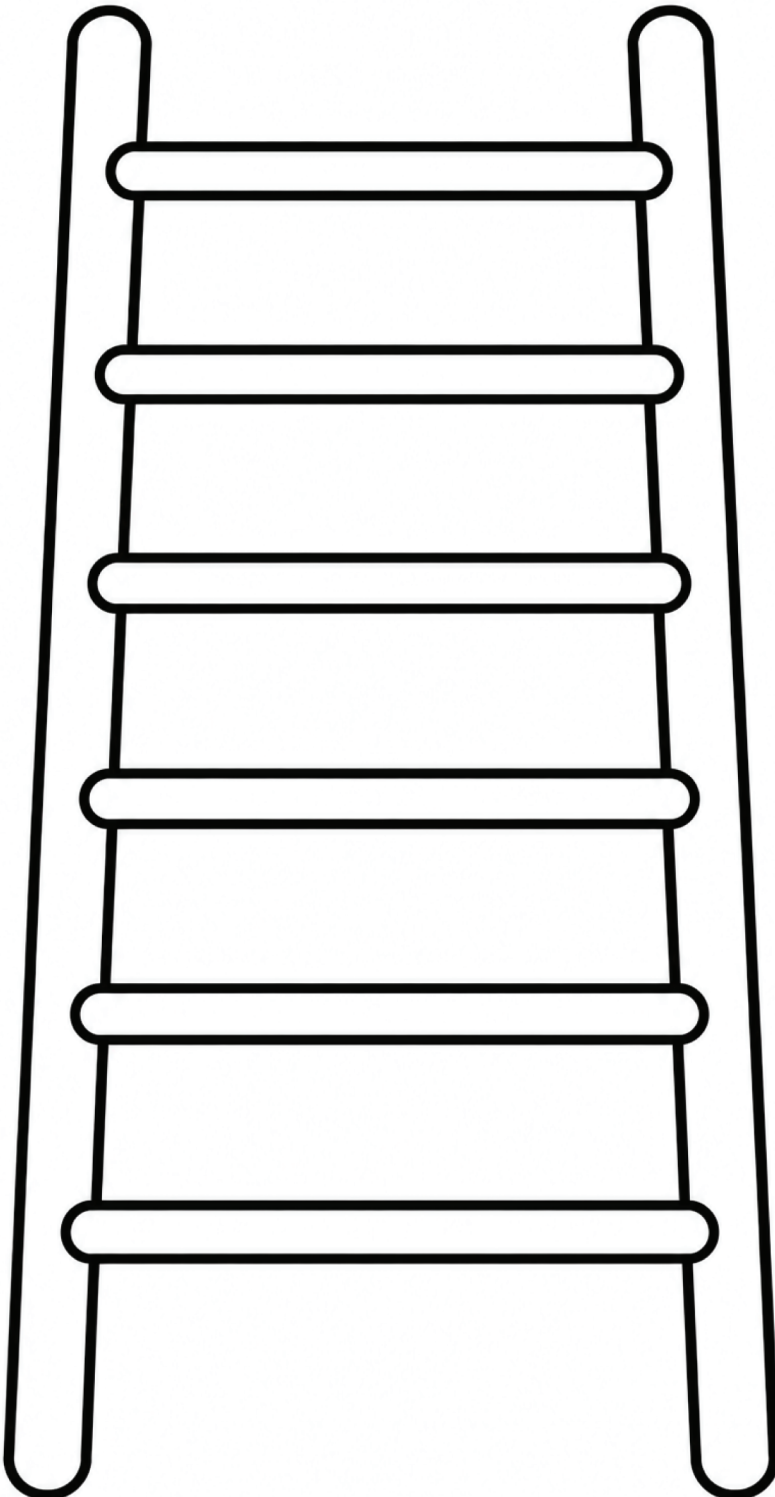


ANXIETY COURAGE LADDER

Sometimes our worries can feel very big. Instead of trying to face a fear all at once, we can break it into smaller steps. Start at the bottom of the ladder and work your way up one step at a time!

GOAL: _____



STEP 7

STEP 6

STEP 5

STEP 4

STEP 3

STEP 2

STEP 1