ANIMO SANO PSYCHIATRY

Blank Exposure Ladder Template

Use this template to create your own personalized ladder(s). You might need separate ladders for different phobias (e.g., one for driving, one for flying).

My Exposure Ladder for: _____

Step #	Exposure Situation (Be specific: What, where, how long?)	Estimated SUDS (0-100)	Date Completed	Peak SUDS During	SUDS After	Notes/Response Prevention Focus
1						
2						
3						
4						
5						
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(Add more rows as needed)

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