

The worry ladder

Start at the bottom. When a step feels easy, move up one. If a step is too hard, go back one, or add a step in between.

AT THE TOP: WHAT I WANT TO BE ABLE TO DO

THE STEPS, EASIEST AT THE BOTTOM

EACH TRY

Start here

In each box, a tick, or how big the worry was, out of ten

FOR THE PARENT

Use this for an everyday fear. Rituals she can't stop, panic attacks, or a fear that began after something frightening happened need your GP first. Never spring a step on her, and praise every try, whatever happened. If she is frightened of a particular person, or of a place where someone hurt or frightened her, don't make a ladder: listen to her. If what she says suggests that someone is hurting her, thank her, don't promise to keep it secret, and act that day: her school's designated safeguarding lead, your GP, or theparentbook.com/urgent-help.