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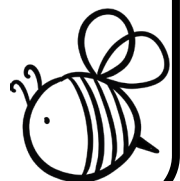
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Worry Ladder

Use the ladder for scaling worries. What would help you come down one rung on the ladder? What would one rung down on the ladder look like?

big

10
9
8
7
6
5
4
3
2
1

How big is my worry?

10
9
8
7
6
5
4
3
2
1

small

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Use the ladder for scaling worries. What would help you to come down one rung on the ladder? What would one rung down on the ladder look like?

How big is my worry?

big

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3

2

1

small

5

4

3

2

1