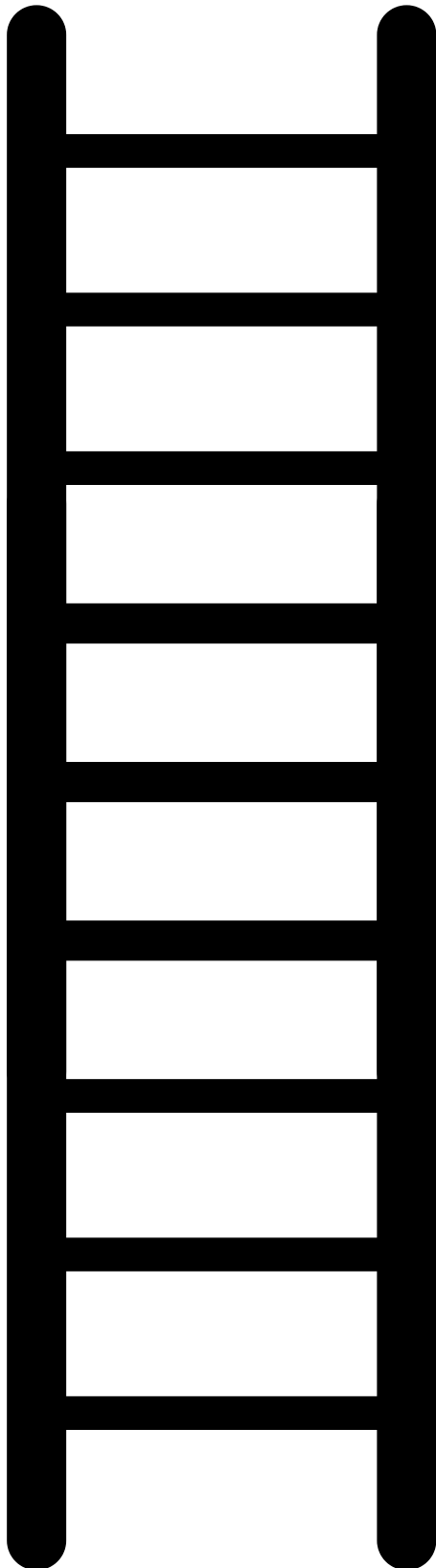


Anxiety stepladder example:

I want to overcome my fear of spiders



Step 9: Let a spider crawl on your hand

Step 8: Let a spider crawl on your sleeve

Step 7: Let a spider crawl on your trousers

Step 6: Let a spider crawl on your shoe

Step 5: Let a spider crawl on your desk

Step 4: Hold the box with the spider

Step 3: Look at a real spider in a closed box

Step 2: Look at a photo of a spider

Step 1: Think about a spider