Exposure Ladder

MIRROR HEALTH · VIRTUAL PSYCHIATRY

Facing what you fear on purpose — progressively, moving from easier steps to harder ones — teaches your brain that the feared outcome usually doesn't come true, and that the distress fades on its own. Start by naming what you're working on, then build a ladder and climb one rung at a time

The obsession — the unwanted thought, image, or urge that shows up

The compulsion — what you do to ease the distress or feel safe

Rate distress from 0 (none) to 100 (the most you can imagine)
Build your ladder from the bottom up: the easiest step on the bottom rung, the hardest at the top — then climb one rung at a time

Rung	Situation or trigger	Distress	What I'll resist or do instead	Done
HARDEST 5				☐
4				☐
3				☐
2				☐
1 START HERE				☐

Start at the bottom rung and stay with it until the distress drops by about half, then move up

If you're a Mirror Health patient and want to go over it together, you can share it through the secure Charm patient portal or bring it to your next visit

This worksheet is an educational tool, not a substitute for professional care, diagnosis, or treatment, and using it does not create a provider–patient relationship. If you are in crisis, call or text 988, or call 911.

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