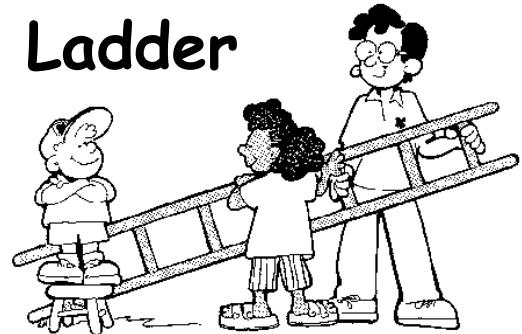


Climbing my Fear Ladder

What is my goal?

*To be able to be near a spider
without freaking out*



**Fear
Rating**

Letting spider crawl on hand	10/10
Letting spider crawl on piece of paper	9/10
Sitting right beside someone holding a spider	9/10
Sitting a few feet away from someone holding a spider	8/10
Sitting beside real spider in a tank	7/10
Sitting 4 feet away from real spider in a tank	7/10
Sitting 8 feet away from real spider in a tank	5/10
Holding a fake spider	3/10
Looking at a fake spider	2/10
Watching a film of a spider	2/10

**Once Marco has completed the fear ladder and can tolerate being around spiders, he can start a new ladder tackling other fears he may have.