Describe your fear:	
	Begin your list with the least frightening activity (or step) associated with your fear as Level 1 all the way through to level 10 (most frightening)
Level 1:	
Level 2:	
Level 3:	
Level 4:	
Level 5:	
Level 6:	
Level 7:	
Level 8:	
Level 9:	
Level 10:	