WORKSHEET **Build Your No Ladder**

Write ten noes on the lines, from easiest (Rung 1) to hardest (Rung 10). Rate the dread from 0 to 10, and tick Done when you've said it twice.

Rung 1 Dread: _____ ☐ Done _____

Rung 2 Dread: _____ ☐ Done _____

Rung 3 Dread: _____ ☐ Done _____

Rung 4 Dread: _____ ☐ Done _____

Rung 5 Dread: _____ ☐ Done _____

Rung 6 Dread: _____ ☐ Done _____

Rung 7 Dread: _____ ☐ Done _____

Rung 8 Dread: _____ ☐ Done _____

Rung 9 Dread: _____ ☐ Done _____

Rung 10 Dread: _____ ☐ Done _____

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