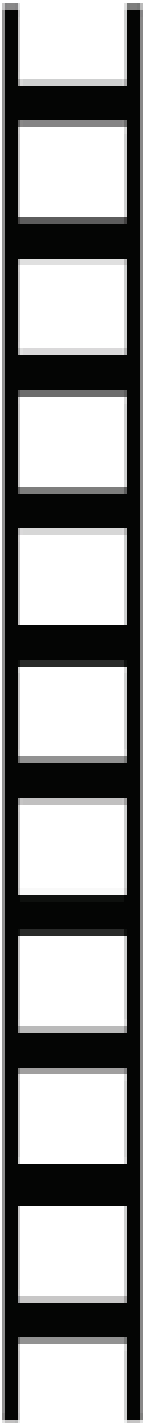


Form 9.5.
My Ladder of Ease.

Theme:

|  | Rank | Obsessional Situation | Ease Level | Scale |
|--|------|-----------------------|------------|--------------------------|
| | 1 | | | HIGH EASE (81-100) |
| | 2 | | | |
| | 3 | | | |
| | 4 | | | MODERATE EASE (51-80) |
| | 5 | | | |
| | 6 | | | |
| | 7 | | | |
| | 8 | | | |
| | 9 | | | |
| | 10 | | | LITTLE EASE (21-50) |
| | 11 | | | |
| | 12 | | | |
| | 13 | | | |
| | 14 | | | |
| | 15 | | | NO EASE (0-20) |
| | 16 | | | |
| | 17 | | | |
| 18 | | | | |

COMING BACK DOWN TO EARTH