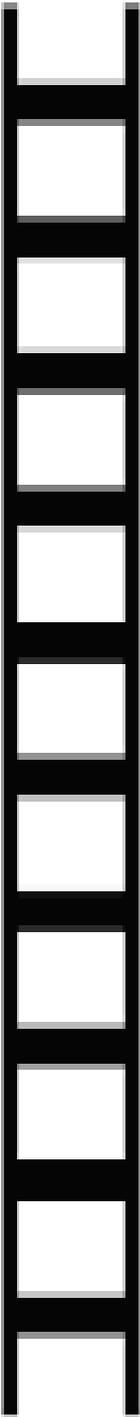


Form 9.5.
My Ladder of Ease.

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			
	16			NO EASE (0-20)
	17			
18				

COMING BACK DOWN TO EARTH