

## Mapping Your Fear

How Much are You Afraid of...

### Fears of Specific Situations or Objects

1. Going to the doctor or the dentist	Not at all	A little bit	Moderately	Extremely
2. Eating food you could choke on	Not at all	A little bit	Moderately	Extremely
3. Being near spiders	Not at all	A little bit	Moderately	Extremely
4. Being near cats, dogs, birds, or other animals	Not at all	A little bit	Moderately	Extremely
5. Being in stormy weather	Not at all	A little bit	Moderately	Extremely
6. Receiving injections or blood draws	Not at all	A little bit	Moderately	Extremely
7. Being near snakes	Not at all	A little bit	Moderately	Extremely
8. Hearing or seeing someone vomit or be sick	Not at all	A little bit	Moderately	Extremely
9. Flying in an airplane	Not at all	A little bit	Moderately	Extremely
10. Seeing blood or injuries	Not at all	A little bit	Moderately	Extremely
11. Being in a high place	Not at all	A little bit	Moderately	Extremely
12. Being in an enclosed space	Not at all	A little bit	Moderately	Extremely
13. Being in or near water	Not at all	A little bit	Moderately	Extremely

### Fears of Body Sensations

14. Physical symptoms that feel as if they could be a heart attack or a stroke	Not at all	A little bit	Moderately	Extremely
15. Situations where it would be dangerous to lose control in the event of panic sensations, such as driving a car	Not at all	A little bit	Moderately	Extremely
16. Feeling dizzy or lightheaded	Not at all	A little bit	Moderately	Extremely
17. Feeling an upset stomach	Not at all	A little bit	Moderately	Extremely
18. Situations that are hard to escape from in case of panic sensations, such as driving over a bridge or through a tunnel or being in the middle of a row in a crowded movie theater	Not at all	A little bit	Moderately	Extremely

### Social and Performance Fears

19. Interacting with certain people, such as strangers, members of the opposite sex, or authority figures	Not at all	A little bit	Moderately	Extremely
20. Having someone watch you do something, such as eat, write, or work	Not at all	A little bit	Moderately	Extremely
21. Things that could be embarrassing	Not at all	A little bit	Moderately	Extremely
22. Meeting new people	Not at all	A little bit	Moderately	Extremely
23. Public speaking	Not at all	A little bit	Moderately	Extremely

## Mapping Your Fear (Continued)

How Much are You Afraid of...

### Obsessive Fears

24. Things being out of order or not just right	Not at all	A little bit	Moderately	Extremely
25. Having repulsive, horrible, or immoral thoughts or mental images	Not at all	A little bit	Moderately	Extremely
26. Throwing things away	Not at all	A little bit	Moderately	Extremely
27. Making a mistake that could cause harm to someone	Not at all	A little bit	Moderately	Extremely
28. Touching things that seem dirty or contaminated	Not at all	A little bit	Moderately	Extremely
29. Having the thought that you could do something terrible or violent	Not at all	A little bit	Moderately	Extremely

### Excessive Worries

30. Thoughts of financial disaster	Not at all	A little bit	Moderately	Extremely
31. Thoughts about a loved one becoming sick or injured	Not at all	A little bit	Moderately	Extremely
32. Thoughts of problems at work, at school, or in family life becoming catastrophic	Not at all	A little bit	Moderately	Extremely
33. Thoughts about becoming sick or injured	Not at all	A little bit	Moderately	Extremely
34. Thoughts of minor matters (such as not being on time, small repairs, and so on) turning into disasters	Not at all	A little bit	Moderately	Extremely

### Post-Traumatic Fears

35. Letting your guard down	Not at all	A little bit	Moderately	Extremely
36. Memories of unpleasant, stressful, or traumatic life experiences	Not at all	A little bit	Moderately	Extremely
37. Sudden noises or movements	Not at all	A little bit	Moderately	Extremely
38. Sights, sounds, or smells that bring back bad memories	Not at all	A little bit	Moderately	Extremely
39. Situations or activities that remind you of unpleasant, stressful, or traumatic life experiences	Not at all	A little bit	Moderately	Extremely

## Interpreting Your Answers

- Any answer of "moderately" or "extremely" is considered clinically significant
- An answer of "moderately" or "extremely" in any category means that category is relevant to you
- You may have more than one relevant category of fear