

Fears and Worries Checklist

Instructions: This checklist includes common fears for children within different categories. Think about your child's worries and fears, and work with them (or on your own) to mark them all below.

Specific Fears

- Dark
- Insects
- Animal(s)
- Medical providers or situations
- Water
- Weather changes
- Loud noises
- Items that make loud noises
- Monsters, aliens, the supernatural, etc.
- Heights
- Escalators/elevators
- Germs
- Throwing up or getting sick
- OTHER:

Social Fears

- Thinks others will think badly of them
- Scared of answering or asking questions in class
- Avoids standing out or being the center of attention
- Worries that others will laugh at them
- Avoids interacting with peers
- Avoids speaking to others
- OTHER:

Generalized Worries

- Worries about making mistakes
- Worries about getting in trouble
- Worries about performance
- Anxious about assignments or tests
- Gets upset and/or starts over when something they are doing is not perfect
- Asks a lot of questions
- Complains of physical symptoms (e.g., headaches, stomachaches, sleep problems)
- OTHER:

Separation

- Scared of being separated from caregivers
- Worries about something bad happening to caregivers
- Worries about getting lost
- Scared of sleeping away from caregivers or home
- Follows caregivers around
- Complains of physical symptoms when required to separate from caregivers
- Gets upset/tantrums when required to separate from caregivers
- OTHER: