

# Sally's Fears and Worries Checklist

## 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
- Germ
- Throwing up or getting sick
- OTHER: Public bathrooms

## 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:

## 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:

## 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: