

# List of Fears and Worries

Review your child's Fears and Worries Checklist and transfer your answers to this worksheet. Then, rate how much of a problem each situation/fear is and add any notes specific to your child.

<b>Specific Fears</b>	<b>How much of a problem is this situation/fear? (0-10)</b>	<b>Notes specific to your child</b>
Dark		
Insect(s)		
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

How much of a  
problem is this  
situation/fear? (0-10)

Notes specific to your child

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:		

**How much of a problem is this situation/fear? (0-10)**

**Generalized Worries**      **Notes specific to your child**

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)		
Worries about the future (moving, change, money, being okay, changing schools)		
Other:		

## Separation Fears

How much of a  
problem is this  
situation/fear? (0-10)

Notes specific to your child

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:		