

Neil's List of Fears and Worries

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

Specific Fears **Notes specific to your child**

Dark	7	Won't go in room ahead of anyone else if light is off in room; hall light has to be on and door open when in bed
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: Vegetables	4	Won't eat them (could be a texture thing?). Doesn't like the grocery store and protests going in. Refuses to go near the produce section. Won't eat anything on the plate if there are vegetables (even if they aren't touching). Won't sit at the same table as the rest of the family if we are eating vegetables.

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	6	Leading up to events or new activities (wants to know all of the details), very repetitive - keeps asking even after I have told him the answers
Complains of physical symptoms (e.g., headaches, stomachaches, sleep problems)		
Worries about the future (moving, change, money, being okay, changing schools)	6	Change - always has to know what's coming, will get upset when plans/routines change (e.g., going a different way home from school)
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	9	
Worries about something bad happening to caregivers	8	
Worries about getting lost	7	Always stays in my sight when in public and prefers to be touching me
Scared of sleeping away from caregivers or home	9	I have to be in his room when he is falling asleep
Follows caregivers around	8	Used to do this at home, but not anymore (unless he suspects we are getting ready to leave the house)
Complains of physical symptoms when required to separate from caregivers		
Gets upset/tantrums when required to separate from caregivers	8	Cries, hugs/pulls on us, tries to convince us to stay
Other:		