

Sally's List of Fears and Worries

Specific Fears	How much of a problem is this situation/fear? (0-10)	Notes specific to your child
Dark		
Insect(s)		
Animal(s)		
Medical providers or situations		
Water		
Weather changes		
Loud noises		
Items that make loud noises	8	Automatic toilets and hand dryers in public restrooms
Monsters, aliens, the supernatural, etc.		
Heights		
Escalators/elevators		
Germs	8	
Throwing up or getting sick		
Other: Public restrooms	8	Refuses to use most, insists on going home

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	9	
Scared of answering or asking questions in class	9	
Avoids standing out or being the center of attention	9	
Worries that others will laugh at them	9	
Avoids interacting with peers	8	
Avoids speaking to others	9	
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)	7	Mostly in the morning before school - stays in restroom for a long time and sometimes leads to her getting to stay home
Worries about the future (moving, change, money, being okay, changing schools)		
Other:		