

Fears and Worries Checklist

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

- Darkness
- Insects
- Medical providers or situations
- Weather changes
- Loud environment
- Items that make loud noises
- The supernatural
- Heights
- Germs
- Throwing up or getting sick
- Choking
- OTHER:

Generalized Worries

- Perfectionism
- Academic performance
- Asks lots of questions
- Uncertainty about the future
- General worries about bad things around the world
- Body image
- Complains of physical symptoms (e.g., headaches, stomachaches, sleep problems)
- Changes in routine / environment
- OTHER:

Social Fears

- Being judged by classmates
- Embarrassing themselves in front of others
- Answering or asking questions in class
- Standing out or being the center of attention
- Music or sport performances
- Interacting with peers
- Starting conversations
- Being bullied in-person or online
- OTHER:

Separation Fears

- Being separated from caregivers
- Bad things happening to parents (accidents, sickness, etc.)
- Sleeping away from caregivers or home
- Sleeping alone
- Follows caregivers around
- OTHER: