

1. How does your anxiety or fear begin?

2. What activities do you avoid?

3. What other situations or activities could your fear conceivably involve?

4. Do you use any “crutches” or aids to get through what makes you anxious, such as drugs or alcohol? Do you lean on other people to do what’s too hard for you to do? Do you try to distract yourself with songs, rituals, or chants?

5. What bad outcomes do you envision occurring if you were to face your fear? In other words, what are the worst imaginable scenarios?
