Name_____ Date_____

FEAR SURVEY SCHEDULE

The items in this questionnaire refer to things and experiences that may cause fear or other unpleasant experiences or feelings.
For each of the following items please place a check in the box that most nearly describes the degree of fear or anxiety each item arouses in you. If you are not sure, try to approximate or estimate the degree.

Degree of Fear or Anxiety

	None	A little	A fair amount	Much	Very much
1. Noise of vacuum cleaners					
2. Open wound					
3. Being alone					
4. Being in a strange place					
5. Loud voices					
6. Dead people					
7. Speaking in public					
8. Crossing street					
9. People who seem insane					
10. Falling					
11. Automobiles					
12. Being tested					
13. Dentists					
14. Thunder					
15. Sirens					
16. Failure					
17. Entering a room where other people are already seated					
18. High places on land					
19. People with deformities					
20. Worms					
21. Imaginary creatures					
22. Receiving injections					
23. Strangers					
24. Bats					
25. Train journeys					
26. Car journeys					
27. Bus journeys					
28. Feeling angry					
29. People in authority					
30. Flying insects					
31. Seeing other people injured					
32. Sudden noises					

	None	A little	A fair amount	Much	Very much
33. Dull weather					
34. Crowds					
35. Large open spaces					
36. Cats					
37. One person bullying another					
38. Tough looking people					
39. Birds					
40. Sight of deep water					
41. Being watched working					
42. Dead animals					
43. Weapons					
44. Dirt					
45. Crawling insects					
46. Sight of fighting					
47. Ugly people					
48. Fire					
49. Sick people					
50. Dogs					
51. Being Criticized					
52. Strange shapes					
53. Being in an elevator					
54. Witnessing surgical operations					
55. Angry people					
56. Mice					
57. Human blood					
58. Animal blood					
59. Parting from friends					
60. Enclosed places					
61. Prospect of surgical operation					
62. Feeling rejected by others					
63. Airplanes					
64. Medical odors					
65. Feeling disapproved of					
66. Harmless snakes					
67. Cemeteries					
68. Being ignored					
69. Darkness					
70. Premature heart beats (heart missing a beat)					
71. Nude men					
72. Nude woman					
73. Doctors					

	None	A little	A fair amount	Much	Very much
74. Making mistakes					
75. Looking foolish					
76. Going up in an airplane					
77. Being in a small closed room					
78. The unknown					
79. Getting lost					
80. Being rejected by or having angry hostile remarks from my sister					
81. Being rejected by or having angry hostile remarks from my brother					
82. Being rejected by or having angry hostile remarks from a boss					
83. Being rejected by or having angry hostile remarks from my father					
84. Being rejected by or having angry hostile remarks from a friend					
85. Being rejected by or having angry hostile remarks from my girlfriend or boyfriend					
86. Being rejected by or having angry hostile remarks from my spouse (if you are or have been married)					
87. Being rejected by or having angry hostile remarks from my mother					
88. Being rejected by or having angry hostile remarks from people in authority					
89. When I reject or say angry hostile remarks to my sister					
90. When I reject or say angry hostile remarks to my brother					
91. When I reject or say angry hostile remarks to a boss					
92. When I reject or say angry hostile remarks to my father					
93. When I reject or say angry hostile remarks to a friend					
94. When I reject or say angry hostile remarks to my girlfriend or boyfriend					
95. When I reject or say angry hostile remarks to my spouse (if you are or have been married)					
96. When I reject or say angry hostile remarks to my mother					
97. When I reject or say angry hostile remarks to people in authority					
98 Expressing my anger or hostile feelings					

	None	A little	A fair amount	Much	Very much
99. Saying whatever I think-good or bad					
100. Getting friendly with someone					
101. Suggesting sexual relations to a friend					
102. Suggesting sexual relations to my spouse					
103. Actually having sexual relations					
104. Initiating a conversation with a stranger					
105. Talking to people at a party					
106. Saying "no" or refusing requests					
107. Taking charge or being the leader in different situations					
108. Standing before a large group					
109. Speaking before a large group					
110. Meeting strangers					
111. New things and situations					
112. Being put under pressure					
113. Asking for a raise					
114. Asking to use someone's bathroom					
115. Remarks about my weight					
116. Remarks about my figure					
117. Remarks about my face					
118. Having to make a decision					

There are probably some things or situations that you want to mention that we have not included. If so, please list them below and put a check in the appropriate column.

	None	A little	A fair amount	Much	Very much
a.					
b.					
c.					
d.					
e.					