



FEAR AND PHOBIA WORKSHEET

I fear following situations	I have a phobia from the following situations
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I react in the following way to my fear	I react in the following ways to my phobias
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How much my fear is affecting me	How much my phobia is affecting me
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How do I cope with my fear?	How do I cope with my phobia?
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List of common fears	List of common phobias
Fear from accidents Fear from death Fear from insects/animals	Claustrophobia social phobia agoraphobia

References

[The Recovery Village. \(2022\). *Fear vs. Phobia: What's the Difference?* Retrieved 25 July 2023 from https://www.therecoveryvillage.com/mental-health/phobias/fear-vs-phobia/](https://www.therecoveryvillage.com/mental-health/phobias/fear-vs-phobia/)

[Davey, G. C., Burgess, I., & Rashes, R. \(1995\). Coping strategies and phobias: the relationship between fears, phobias and methods of coping with stressors. *The British journal of clinical psychology*, 34\(3\), 423–434. https://doi.org/10.1111/j.2044-8260.1995.tb01477.x](https://doi.org/10.1111/j.2044-8260.1995.tb01477.x)

You can download more Mental Health worksheets [here](#).

Please note: There may be a more up-to-date and editable version of this worksheet available [here](#) which may be more suitable to present to clients if you are a therapist or to use in a classroom as a teacher or guidance counsellor.