

Measuring Fear

Using the key below, rate each item on the intensity of fear you associate with that object or event.

1	2	3	4	5	6	7
no fear	very little fear	a little fear	some fear	much fear	great fear	terror

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| ___ | 1. Sharp objects | ___ | 27. Being with drunks |
| ___ | 2. Being a passenger in a car | ___ | 28. Illness or injury to loved one |
| ___ | 3. Dead bodies | ___ | 29. Being self-conscious |
| ___ | 4. Suffocating | ___ | 30. Driving a car |
| ___ | 5. Failing a test | ___ | 31. Meeting authority |
| ___ | 6. Looking foolish | ___ | 32. Mental illness |
| ___ | 7. Being a passenger in an airplane | ___ | 33. Closed places |
| ___ | 8. Worms | ___ | 34. Boating |
| ___ | 9. Arguing with parents | ___ | 35. Spiders |
| ___ | 10. Rats and mice | ___ | 36. Thunderstorms |
| ___ | 11. Life after death | ___ | 37. Not being a success |
| ___ | 12. Hypodermic needles | ___ | 38. God |
| ___ | 13. Being criticized | ___ | 39. Snakes |
| ___ | 14. Meeting someone for first time | ___ | 40. Cemeteries |
| ___ | 15. Roller coasters | ___ | 41. Speaking before a group |
| ___ | 16. Being alone | ___ | 42. Seeing a fight |
| ___ | 17. Making mistakes | ___ | 43. Death of a loved one |
| ___ | 18. Being misunderstood | ___ | 44. Dark places |
| ___ | 19. Death | ___ | 45. Strange dogs |
| ___ | 20. Being in a fight | ___ | 46. Deep water |
| ___ | 21. Crowded places | ___ | 47. Being with a member of opposite sex |
| ___ | 22. Blood | ___ | 48. Stinging insects |
| ___ | 23. Heights | ___ | 49. Untimely or early death |
| ___ | 24. Being a leader | ___ | 50. Losing a job |
| ___ | 25. Swimming alone | ___ | 51. Auto accidents |