

Fears and Phobias

What is your biggest fear?

Are you afraid of any animals? For example snakes or spiders?

Does the dark scare you? Do you believe in ghosts?

Do big dogs usually intimidate you?

Are you afraid of speaking in public?

Are you afraid of flying?

Do you feel anxious in high places, such as at the top of cliffs or on bridges?

Do thunderstorms scare you?

Are you afraid of injections?

Are you afraid of getting old?

What is the difference between a fear and a phobia?

Do you have any phobias?

What is the best way of overcoming a fear or phobia? Have you ever overcome one of your fears?

Do you know any people that suffer from a serious phobia?