

*Fear Assessment Exercise*

CBT#10-001

**Fear #1:**

How distressing is your fear?

1 2 3 4 5 6 7 8 9  
Slightly Extremely

How frequently do you encounter your fear?

1 2 3 4 5 6 7 8 9  
Almost never Constantly

How much does your fear limit you?

1 2 3 4 5 6 7 8 9  
Not at all Extremely

**Fear #2:**

How distressing is your fear?

1 2 3 4 5 6 7 8 9  
Slightly Extremely

How frequently do you encounter your fear?

1 2 3 4 5 6 7 8 9  
Almost never Constantly

How much does your fear limit you?

1 2 3 4 5 6 7 8 9  
Not at all Extremely

**Fear #3:**

How distressing is your fear?

1 2 3 4 5 6 7 8 9  
Slightly Extremely

How frequently do you encounter your fear?

1 2 3 4 5 6 7 8 9  
Almost never Constantly

How much does your fear limit you?

1 2 3 4 5 6 7 8 9  
Not at all Extremely

**Sample Hierarchies**

**CBT#10-002**

<i>Phobia about Getting Injections</i>		
<b>Variable</b>	<b>Rank</b>	<b>Scene</b>
T	01	Watching a movie in which a minor character gets a shot
T	02	Talking to a friend about her flu shot
T	03	Pricking finger with pin
T	04	Making doctor's appointment for a nonmedicinal saline injection
SP	05	Driving to medical center
SP	06	Parking car in medical center parking lot
T, SP	07	Thinking about shots in doctor's waiting room
SP	08	Entering treatment room
TP	09	Nurse entering room with injection materials
TP	10	Nurse filling syringe
T	11	Smelling alcohol on cotton ball
TP	12	Seeing hypodermic poised in nurse's hand
T	13	Receiving small saline shot in right arm
T	14	Receiving larger saline shot in left arm
T	15	Receiving flu shot in arm
T	16	Having a blood sample taken

<i>Phobia about Being Near Bees</i>		
<b>Variable</b>	<b>Rank</b>	<b>Scene</b>
T	01	Seeing a picture of a bee
TP	02	Planning to practice in back yard later in the day
SP	03	Standing at door, looking out at back yard
SP,TP	04	Standing outside, near back door, for one minute
TP	05	Standing outside, near back door, for three minutes
SP	06	Standing halfway to dahlias (where there are lots of bees) for one minute
TP	07	Standing halfway to dahlias for three minutes
SP	08	Standing close enough to hear buzzing—one minute
TP	09	Standing close enough to hear buzzing three minutes
SP	10	Standing next to dahlias (bees all around)—thirty seconds
TP	11	Standing next to dahlias—two minutes
TP	12	Standing next to dahlias—five minutes

## Generic Coping Statements

- This feeling isn't comfortable or pleasant, but I can accept it.
- I can be anxious and still deal with this situation.
- I can handle these symptoms or sensations.
- This is an opportunity for me to learn to cope with my fears.
- This will pass.
- I'll ride this through—I don't need to let this get to me.
- I deserve to feel okay right now.
- I can take all the time I need to let go and relax.
- I've survived this before and I'll survive this time, too.
- I can do what I have to do in spite of anxiety.
- This anxiety won't hurt, it just doesn't feel good.
- These are fight-or-flight reactions—they won't hurt me.
- This is just anxiety—I'm not going to let it get to me.
- Nothing serious is going to happen to me.
- Fighting and resisting this isn't going to help—so I'll just let it pass.
- These are just thoughts—not reality.
- I don't need these thoughts—I can choose to think differently.
- This is not dangerous.
- So what.

CBT#10-004

***Feelings Bourne Anxiety Scale***

07-10	Major Panic Attack	All of the symptoms in Level 6 exaggerated; terror; fear of going crazy or dying; compulsion to escape.
06	Moderate Panic Attack	Palpitations; difficulty breathing; feeling disoriented or detached (feeling of unreality); panic in response to perceived loss of control.
05	Early Panic	Heart pounding or beating irregularly; constricted breathing; spaciness or dizziness; definite fear of losing control; compulsion to escape.
04	Marked Anxiety	Feeling uncomfortable or "spacy"; heart beating fast; muscles tight; beginning to wonder about maintaining control.
03	Moderate Anxiety	Feeling uncomfortable but still in control; heart starting to beat faster; more rapid breathing; sweaty palms.
02	Mild Anxiety	Butterflies in stomach; muscle tension; definitely nervous.

CBT#10-006