

# Fears

1. What were you most afraid of as a child?
2. What are some things you are personally afraid of as an adult?
3. What are your greatest fears for the world?
4. How often do you feel afraid of something?
5. Rank the following common fears in order of the most to least frightening. Share your reasons.

Cats/Dogs	Spiders	Snakes	Drowning
Earthquakes	Tornadoes	Nuclear war	Ghosts
Death	Divorce	Being kidnapped	Going to jail
Cancer	Gang violence	Terrorists	Sick Child

6. Did you have any fears at school or university? What were they?
7. What were your fears when moving to a new country? Do you feel safer in your new country?
8. What was the most frightening experience you ever had?
9. Do you have nightmares? What is your worst nightmare?
10. Are you afraid of illness? In your opinion, what is the most frightening illness or disease?
11. Did COVID frighten you? In what way?
12. What is the scariest animal or insect?
13. Do you know what the following phobias are?

Arachnophobia	Aquaphobia	Monophobia	Claustrophobia	Dentophobia
Aerophobia	Glossophobia	Trypanophobia	Zoophobia	Gamophobia

14. How do you cope with your fears?
15. Has anyone ever helped you overcome a fear? What did they do?
16. Have you ever helped anyone to overcome their fears?
17. What would make you afraid of someone?
18. Are there any numbers that people are afraid of in your culture?
19. What is your biggest fear for your children or grandchildren?