

Instructions for use: Fill out using Acrobat Reader then save to your PC once completed.

Unit 4: Understanding Phobias

Activity 1

Please jot down some examples of life experiences that could cause a person to develop a phobia.

A large, empty rectangular box with a thin black border, intended for students to write their answers to the activity prompt.

Activity 2

Please jot down some examples of times when you felt fearful about something.