A PAUSE, A PRACTICE, A NEXT STEP

Agoraphobia

When getting help or getting out feels hard.

Use a few words, draw, or talk this through. Skip anything that does not fit. This is an educational worksheet, not a diagnostic test or a substitute for care.

Which place do you miss?

Pick one everyday goal, like buying groceries or riding a bus.

01 / Notice and reflect

Which place do you miss?

02 / Notice and reflect

What first step feels possible?

03 / One next step

What will I try next, and what support would make it easier?

When to seek help: Ask for support if fear keeps you from appointments, school, work, or errands. Ask about a video visit if leaving home feels too hard.

Read more: National Institute of Mental Health · Phobias and agoraphobia

More tools and immediate support: Our Healing Room / Crisis Support.

U.S. crisis support: call or text 988. In immediate danger, call 911.