A PAUSE, A PRACTICE, A NEXT STEP

Specific Phobia

When one fear starts making decisions for you.

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.

Choose something you want back

Think of one thing the fear gets in the way of. It could be visiting a friend who has a dog or getting a blood test you need.

01 / Notice and reflect

What have I been skipping because of fear?

02 / Notice and reflect

What would I like to be able to do?

03 / One next step

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

When to seek help: Talk with a clinician if fear changes where you go or keeps you from school, work, or medical care. If you need a medical visit soon, tell the care team about the fear when you call.

Read more: MedlinePlus · Specific phobia and treatment

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

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