

Activity Fear and Avoidance Survey

Name _____

Date _____

The thought of dealing with a fear can feel overwhelming. One method of overcoming fear involves breaking facing our fears up into smaller, more manageable steps.

This survey can help you to identify feelings you have about doing activities that are important to you. After you complete the survey, reflect on small steps you can begin taking to increase your participation in these activities.

List the important activities in your life that you feel fearful or anxious about.

1. First, identify the activity that is important to you, that you would like to be able to participate in more.

Example = The movements I need to do at work.

2. Second, write down what your scary thoughts or beliefs are about doing that activity.

Example = I'm afraid I will hurt myself and have more pain if I move the wrong way.

I don't think I can do my job.

3. Rate your level of fear and avoidance (how fearful you feel and how much you avoid the activity) on a 0-10 scale (0 = none, 10 = the most).

Activity	Fear	Avoidance
1. _____ My thoughts/belief _____	_____	_____
2. _____ My thoughts/belief _____	_____	_____
3. _____ My thoughts/belief _____	_____	_____
4. _____ My thoughts/belief _____	_____	_____
5. _____ My thoughts/belief _____	_____	_____