

48 *How to Beat Agoraphobia One Step at a Time*

Problem Area	Situation	Tick if applies to you
Transport such as:	Driving a car	
	Using the bus or tram	
	Travelling by train	
	Using the Underground	
	Travelling by boat/ship	
	Travelling by aeroplane	
Open spaces such as:	Car parks	
	Market places	
Enclosed spaces such as:	Shops	
	Supermarkets	
	Department stores	
	Theatres	
	Cinemas	
Standing in a queue		
Being in a crowd		
Being away from home alone		