Checklist for monitoring situations that trigger common fears					
Situation	Escape not possible	Embar-rassment	Help not available	Going crazy/fear of collapse	Losing control
	❑	❑	❑	❑	❑
	❑	❑	❑	❑	❑
	❑	❑	❑	❑	❑
	❑	❑	❑	❑	❑
	❑	❑	❑	❑	❑