

Checklist for monitoring situations or activities that you may be avoiding

Situation	Anxiety rating (0–10)
	<input data-bbox="937 332 996 394" type="checkbox"/>
	<input data-bbox="937 446 996 508" type="checkbox"/>
	<input data-bbox="937 560 996 622" type="checkbox"/>
	<input data-bbox="937 674 996 736" type="checkbox"/>
	<input data-bbox="937 788 996 850" type="checkbox"/>
	<input data-bbox="937 902 996 964" type="checkbox"/>