

Managing Worries, Fears and Anxieties

from home or a hospital; the other cannot take even short journeys on public transport in case he faints in public.

You can see that even fears that at first seem similar can actually be quite different from each other. Therefore, you need to ask yourself:

1. *What exactly triggers my fear?* What goes through my mind? What size of spider makes me anxious? Just what do I fear will happen when I am out in public? What is it about travelling that upsets me so? It is also helpful to consider your strengths:

2. *What can I already achieve?* How near can I tolerate a spider? What things can I do in public? How far can I travel, and how? Then think about the details:

3. *What makes it easier for me?* Think about the time of the day, about different places, the company you are in, and ask yourself what eases your distress:
