On the following two pages you will find in one row a list of situations that can make children and young people the same age as you anxious.

Please record, how often you **avoid** the following situations **due to anxiety**.

There are no wrong answers

I avoid...

	Never	*Seldom*	*Half of the time*	*Most of the time*	*Always*
1. being alone at home	☐	☐	☐	☐	☐
2. being at home alone in the evening	☐	☐	☐	☐	☐
3. going alone to school/kindergarten	☐	☐	☐	☐	☐
4. going to visit friends alone	☐	☐	☐	☐	☐
5. going on a school camp/school trip	☐	☐	☐	☐	☐
6. staying somewhere else overnight	☐	☐	☐	☐	☐
7. going to sleep alone	☐	☐	☐	☐	☐
8. going to sleep in my own bed	☐	☐	☐	☐	☐
9. sleeping in the dark	☐	☐	☐	☐	☐
10. staying home alone with a babysitter/older sibling	☐	☐	☐	☐	☐
11. going home alone	☐	☐	☐	☐	☐
12. going home if no-one is there	☐	☐	☐	☐	☐

Please turn over as questions continue onto the other side...

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Are there any other situations that you avoid due to anxiety?

I avoid...

	Never	*Seldom*	*Half of the time*	*Most of the time*	*Always*
13. What?	☐	☐	☐	☐	☐
14. What?	☐	☐	☐	☐	☐
15. What?	☐	☐	☐	☐	☐
16. What?	☐	☐	☐	☐	☐

Please check that you have answered all of the questions.

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