

# Interview A Family Member About Fear

Name: \_\_\_\_\_

Date: \_\_\_\_\_

1. What are some things that really frighten you? For example, are you afraid of spiders or thunder, or the dark, or maybe high places?

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\_\_\_\_\_  
\_\_\_\_\_

2. Think about the one thing that frightens you the most. What is the first thing you usually do? Do you scream? Do you run? Do you put your hands up to your face? Then what do you do?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

3. Do you think about what you do when you are very frightened or do you react without thinking?

\_\_\_\_\_

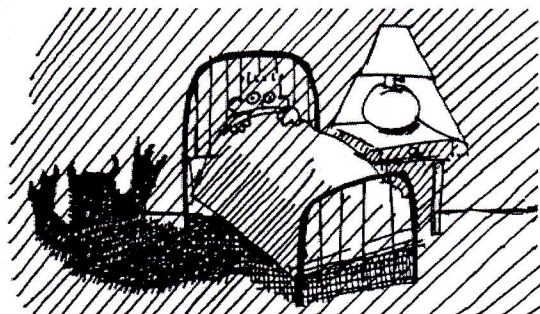
4. What happens to your body when you are very frightened? For example, does your skin get sweaty? Does your heart beat faster?

\_\_\_\_\_

5. Was I a good listener?

\_\_\_\_\_

*(Use the back of this page if you need more room.)*



**Objective:** To learn how another person reacts to fear and then compare and contrast with their own reactions