

## Fear Continuum

<b>Situation</b>	<b>Realistic/Helpful Fears</b> <i>Protective, adaptive avoidance</i>	<b>Unclear</b> <i>Potentially protective, mixed helpfulness to avoid</i>	<b>Unrealistic/Unhelpful Fears</b> <i>Likely not protective, maladaptive avoidance</i>
<i>Chronic Environmental Stressors</i>	<p>Ex. When a child has epilepsy so pays extra attention to physical sensations</p> <p>Ex. Avoiding a local park that is a site of gang activity</p> <p>Ex. Avoiding places where you may need to show an ID due to fears of being deported</p>	<p>Ex. Avoiding walking down the stairs if she may have an aura</p> <p>Ex. Avoiding taking public transportation home after dark</p> <p>Ex. Avoiding any place where there could be police officers or ICE agents</p>	<p>Ex. Avoiding walking on any stairs or engaging in any physical activities due to fear of having a seizure</p> <p>Ex. Avoiding all public transportation</p> <p>Ex. Avoiding leaving the house due to fears of being deported</p>
<i>Social Fears/Identity-related Stressors</i>	Ex: Avoiding a group of kids who have called you racial slurs/ bad names related to your gender identity	Ex: Avoiding a classroom where one of the kids is present	Ex: Avoiding going to school after a bullying plan is put in to place or the bully has been expelled
<i>Fear of Specific Objects/Things/Animals</i>	Ex: Running from a poisonous snake	Ex: Avoiding walking in a field where a poisonous snake could be	Ex: Avoiding going outside because a garter snake could be there
<i>Excessive Worry</i>	Ex: Worrying when their mom is on time but is 10 minutes late, and calling to check in one time	Ex: Worrying when mom is 5 minutes late and calling twice to check in	Ex: Worrying every time mom is not exactly on time and repeatedly calling to check in
<i>Rituals/Compulsions</i>	<p>Ex. A Jewish client who keeps Kosher checks whether a meal contains a mix of dairy and meat once prior to eating each meal</p> <p>Ex. A Muslim client avoids praying to idols because it is against the laws of their religion</p>	<p>Ex. A Jewish client who keeps Kosher checks 3-4 times before every meal whether a meal contains a mix of dairy and meat</p> <p>Ex. A Muslim client asks for reassurance from their family that they have not prayed to an idol by accident a few times per week</p>	<p>Ex. A Jewish client who keeps Kosher repeatedly checks they have not or will not mix dairy and meat products, ~ 20 times per hour</p> <p>Ex. A Muslim client experiences significant distress and engages in repetitive prayers throughout the day in response to intrusive thoughts of praying to idols</p>
<b>*Situations are examples and are not intended to be comprehensive</b>			

**Realistic/helpful fears** = Exposure techniques likely not indicated

**Unrealistic/unhelpful fears** = Exposure is indicated; See Treatment Planning Guide for how to augment.

**Unclear** = Exposure may or may not be indicated, depending on the impairment associated with avoidance; further examining client goals and collaborating with the client and their caregiver(s) can help determine whether a particular fear is important for the client to address through exposure or not. If realistic fears may be present, establishing physical and emotional safety is imperative (see Augmentation Strategies).