

# **FEAR INVESTIGATION QUESTIONNAIRE**

**What age were you (roughly) when the event occurred?**

**What happened? At which point did you become fearful?**

**What thoughts can you remember running through your mind when you were scared?**

**How did your body react? Think of physiological reactions such as shaking, sweating, or a racing heart. Did the physical intensity increase, or stay constant from the outset?**

**What actions did you take? Do you believe you were fully in control?**

**When the shock had subsided, or the threat dissipated, what was your experience of the “come down”? How long did it take before your emotions and your body returned to normal?**

**What thoughts did you have once you were safely out of the situation and back to normal? Was the fear easily forgotten?**

**Looking back at the thoughts and reactions you’ve described, what do you think was the core concern that pushed you into a state of fear (pain, bodily harm, sickness, loss, revulsion, etc.)?**