# Phobia Symptoms & Triggers Checklist

Use this checklist to identify common phobia symptoms and triggers, and track progress over time.

## Common Symptoms:

1. Rapid heartbeat
2. Shortness of breath
3. Sweating
4. Dizziness
5. Nausea
6. Intense fear or panic
7. Avoidance behavior

## Common Triggers:

1. Specific objects (e.g., spiders, needles)
2. Situations (e.g., flying, driving)
3. Social settings
4. Enclosed or open spaces
5. Medical environments

## Weekly Tracking:

1. What triggered the fear?
2. What symptoms did you experience?
3. How intense was the fear (1–10)?
4. What coping strategy did you use?
5. What was the outcome?