| Chart 5: Details of My Feared Situations | | |
|--|------------------------------|-------------------------------------|
| Event | What I am afraid will happen | Safety crutches I commonly use here |
| #1.* | | |
| #2. | | |
| #3. | | |
| #4. | | |
| #5. | | |
| #6. | | |
| #7. | | |
| #8. | | |
| #9. | | |
| #10. | | |

^{* #1 =} easiest.