

Worksheet 3

Agoraphobia problem areas

Problem area	Situation	Tick if this applies to you
Transport such as:	Being a passenger in a taxi	
	Using the bus or tram	
	Travelling by train	
	Using the underground	
	Sailing on ships	
	Travelling by aeroplane	
Open spaces such as:	Car parks	
	Marketplaces	
Enclosed spaces such as:	Shops	
	Supermarkets	
	Department stores	
	Theatres	
	Cinemas	
Standing in a queue		
Being in a crowd		
Being away from home alone		