

# John's fear hierarchy

Rating (0-100)	Fear
100	
95	
90	<b>Spiders</b> <ul style="list-style-type: none"><li>• Having them crawl onto his bed while he's sleeping</li><li>• Having them touch him at all</li><li>• Seeing them</li><li>• Seeing pictures of them</li><li>• Talking about them</li><li>• (Cockroaches are in same order, but about half of what spiders are)</li></ul>
85	<b>Public restrooms</b> <ul style="list-style-type: none"><li>• Touching the seat with hand and not washing</li><li>• Flushing and not washing</li><li>• Touching floor with hand</li><li>• Opening door with hand</li></ul>
80	
75	<b>Food becoming contaminated</b> <ul style="list-style-type: none"><li>• Eating cereal that has been left out for more than one day</li><li>• Eating crackers that have been left out for more than one day</li></ul>
70	
65	
60	<b>Creepy sounds and noises</b> <ul style="list-style-type: none"><li>• Howling</li><li>• Footsteps</li><li>• Creaking doors or floor</li><li>• "Scooby Doo" noises (creepy music)</li></ul>
55	
50	
45	<b>Going new places</b> <ul style="list-style-type: none"><li>• Being in the woods at night alone or with mom (sounds like this is much higher than he originally reported)</li><li>• Being in woods during day with mom</li><li>• Being somewhere with many unknown people around</li><li>• Being left alone inside the house</li><li>• Not knowing where mom is inside the house</li></ul>
40	
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