

Common Variables That Affect Fear

Height Phobia

Here are some examples of variables that may moderate or affect your fear (with examples in parentheses):

- ☐ Presence of a supportive person or someone you know
- ☐ Presence of a stranger
- ☐ If it is light or dark (how much can you see over the edge if you are looking down)
- ☐ If the situation is contained (like a balcony with a railing or a room with a window) or open (like a ladder or the edge of a cliff or hill)
- ☐ Distance from the ground
- ☐ Distance from the edge of the drop-off
- ☐ Presence of movement (for example, a bird flying by)
- ☐ Presence of distracting noise
- ☐ Whether it is windy
- ☐ Type of floor (for example, a solid step versus a step that you can see through)
- ☐ Stability or shakiness of the ground
- ☐ Slope of the ground (flat versus sloping down toward the edge)
- ☐ Whether you are walking, in a car, or in another type of vehicle (airplane, train, or other)
- ☐ Whether you are holding on to something
- ☐ Whether you are standing or sitting Where you are looking
- ☐ Your physical feelings (for example, feeling light-headed or dizzy)

Antony, M., Mark, A. and Watling (2006). Overcoming medical phobias. [online] Available at: <https://martinantony.com/wp-content/uploads/Overcoming-Medical-Phobias1.pdf>.