

everyone's fears are different, so the things that make your best friend squirm, scream or shudder, might be no sweat to you, take a deep breath, grab a pen and get ticking — It's time to face your fears, read each of the chilling choices on the opposite page, then tick the five of them that you're most afraid of.

Date	Time	Place	

	Slimy things $\square$ Crawly things $\square$
	Spiky things   Sticky things
	Science tests 🗆 Maths tests 🗆
	History tests  French tests
	Bungee jumping 🗆 Scuba diving 🗆
	Sky-diving $\square$ Whitewater rafting $\square$
	Spiders 🗆 Bats 🗆 Snakes 🗆 Rats 🗀
	Lions 🗆 Sharks 🗆 Bears 🗆 Wolves 🗆
	Singing on stage $\square$ Making a speech in public $\square$
	Falling over at a disco $\square$ No one knowing who you are $\square$
	Graveyards 🗆 Caves 🗆 Cellars 🗀 Attics 🗀
	Ghosts 🗆 Vampires 🗆 Zombies 🗀 Werewolves 🗀
1	Roller coasters 🗆 Lifts 🗆 Fast cars 🗀 Aeroplanes 🗀