

Fear of Big Things (Megalophobia) – Coping Worksheet

This printable worksheet is designed to help individuals understand and manage the fear of big things, also known as megalophobia. Use it at your own pace and revisit it regularly to track progress.

Step 1: Identify Your Triggers

Write down the large objects or environments that trigger your fear. Be specific and honest.

- 1 Large buildings or skyscrapers: _____
- 2 Giant animals or statues: _____
- 3 Massive vehicles or structures: _____
- 4 Other large objects: _____

Step 2: Rate Your Fear Level

On a scale from 1 to 10, rate how intense your fear feels for each trigger.

- 1 Trigger 1 Fear Level (1–10): _____
- 2 Trigger 2 Fear Level (1–10): _____
- 3 Trigger 3 Fear Level (1–10): _____

Step 3: Physical and Emotional Reactions

Describe what you feel physically and emotionally when exposed to large objects.

Physical sensations (e.g., racing heart, sweating): _____

Emotional reactions (e.g., panic, fear, helplessness): _____

Step 4: Calming Responses

Write down coping techniques that help calm your body and mind during fear.

- 1 Slow breathing or grounding technique: _____
- 2 Positive self-talk or reassurance: _____
- 3 Safe distraction method: _____

Step 5: Gradual Exposure Plan

Plan small, manageable exposure steps to face large objects safely.

- 1 Step 1 (e.g., viewing images): _____
- 2 Step 2 (e.g., watching videos): _____
- 3 Step 3 (e.g., real-life exposure): _____

Reminder: Progress may be slow, and that is okay. Consistency and patience are key. If fear becomes overwhelming, consider seeking guidance from a licensed mental health professional.