



EXPLORABLE
Think Outside The Box

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Track Your Progress

Liya Panayotova, Psychologist, liyap.com5K reads

A good resource for making you know can keep track of your phobia, and how well you are progressing in overcoming it, is a tracker. Below is a set of questions for you to ask yourself every week, while engaging in the exercises provided within this course. Once you have completed all the steps, you can go back and compare your score.

EXPLORABLE
Quiz Time!

Quiz: Psychology 101 Part 2

Quiz: Psychology 101 Part 2

Quiz: Flags in Europe

[See all quizzes ⇒](#)

Here is what the numbers on the scale stand for:

1 = Strongly disagree

2 = Disagree

3 = Neither agree, nor disagree

4 = Agree

5 = Strongly agree

Do you feel anxious about seeing a spider?

1 2 3 4 5

How stressed do you get, when you think about spiders?

1 2 3 4 5

If you saw a spider now, how badly do you think you'd react?

1 2 3 4 5

Do you feel like you are accomplishing something?

1 2 3 4 5

Has your confidence around non-spider creatures improved?

1 2 3 4 5

Do you feel like spiders are still a big problem?

1 2 3 4 5

Have you gotten very upset recently?

1 2 3 4 5

Do you think spiders are scary?

1 2 3 4 5

Have you interacted positively with any spiders?

1 2 3 4 5

Have other people noticed a difference in your attitude toward spiders?

1 2 3 4 5

Try writing down your scores, with additional comments if you like, and see how you progress between each time you do the test, in order to keep your motivation up.

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