

8. Describe what happens (duration, behaviors, etc) when you have panic attacks and/or anxiety?

9. What are your coping skills when anxiety occurs?

10. Does your anxiety prevent you from functioning or limit you in daily life?

Yes No

If YES, please explain.

11. Do confined spaces make you uncomfortable?

Yes No

If YES, please explain.

12. Living in the wilderness with changing weather conditions can be very different than living in your home.

Are you nervous or do you have concerns about your wilderness course because of your anxiety?

Yes No

If YES, please explain.

13. A solo component is included in your course. Do you feel confident in your ability to complete your solo?

14. We want you to be as prepared as possible for your Outward Bound course. Is there any additional information that you may need or any specific concerns you have about the course and/or activities?

15. Who filled out this questionnaire?

Applicant Parent/Guardian Other

Participant Signature

Date

Parent Signature (if Applicant is 21 or under)

Date