

## REVIEW OF FEARS

I'm fearful of:

The Cause:

Affects my:

My Part in this: Fear

#1 I'm fearful of:	#2 The Cause:	#3 Affects My:										#4 My Part in This																																																																																																																																																																																																																																																																																																																																																			
<p>NOTE: You can use a broader definition of FEAR to include - Fearful of, Concerned or Worried about, etc. Focus on YOUR VIEW OF THE FUTURE and your concern or doubt about how things are going to turn out. Basically think "WHAT CONCERNS ME ABOUT THE FUTURE" - with People, Institutions or Situations. Do NOT dismiss an entry because you think it's best just to have faith and trust and accept that everything will turn out for the best!</p>	<p>Be specific about The Cause. Specifically about what you are worried about, the fear or concern about what might happen to you. Do not say that the person/institution or situation "caused" you to worry or be fearful or any emotion. Just recall YOUR TROUBLED THOUGHT/PREDICTION as YOU LOOK INTO THE FUTURE. Please list MULTIPLE CAUSES/FORECASTS for the person, institution, situation in Column One. THIS IS AN INVENTORY! RECORD AS MANY CONCERNS AS YOU CAN!</p>	Pride - Who I am or Want to be	Relationships - Ability to be around others	Material Security - Loss of focus, insecure, or ability to advance.	Emotional Security - Loss of confidence, self esteem, clarity	Healthy Sex - Not focused on or attractive to spouse.	Unhealthy Sex, escape by acting out, seeking outside connection.	Social Ambitions - avoid others, going into my shell, not pleasant to be around				Selfishness - Not getting what I want	Dishonesty - Don't see the Whole picture	Self-Seeking - Want to be center of attention	Need to Control,	Scared of Loss,	Inconsiderate - Don't care about others																																																																																																																																																																																																																																																																																																																																														

