SO . . . WHAT ARE YOU AFRAID OF?

MAKE AN “X” ON THE LINE TO ESTIMATE THE AMOUNT OF FEAR FOR THE ITEM

1. ANGER

2. ABANDONMENT

3. APPROVAL, LACK OF

4. AFFECTION

5. BELONGING

6. CONTROL

7. FAILURE

8. BY MISTAKES AT WORK

9. BY MISTAKES AT HOME

10. TO MAKE OTHERS HAPPY

11. TO DO ENOUGH

12. TO BE GOOD ENOUGH

13. BEING ALONE

14. BEING TOGETHER

15. BEING POOR

16. BEING RICH

17. GOING CRAZY

18. BEING OVER-UNDER SEXED

19. BEING OUT-OF-CONTROL

20. POWER

21. USING POWER

22. ABUSING POWER

23. MY HAVING POWER

24. THEIR HAVING POWER

25. US HAVING POWER

26. AUTHORITY

27. COMMITMENT

28. RESPONSIBILITY

29. PARENTING

30. CHILD-REARING

31. FINANCIAL - MONEY

32. TALKING - LISTENING

33. INTIMACY

34. GROWING-UP

35. SEX

36. TALKING ABOUT IT

37. DOING IT RIGHT-WRONG

38. BEING HURT

39. EMBARRASSMENT

40. HUMILIATION

41. RIDICULE

42. SHAMING

43. BLAMING

44. NAME-CALLING

45. BEING YELLED AT

YOU DEFINE REALITY BY WHAT YOU KNOW, WHAT YOU BELIEVE, AND WHAT YOU DO ABOUT IT.

R&M SEMINARS

OPINIONS AND FEELINGS ARE FREQUENTLY A PERSONAL TRIUMPH OVER GOOD THINKING

YOU MAY PRINT AND COPY AND USE THIS HANDOUT FOR YOUR PERSONAL OR PROFESSIONAL USE AS IS AS FREELY AS YOU WISH