

Fears List

Check off each of the fears that you recognize as having. Remember that this list is for you, and no one else needs to see it, so you can be open in admitting your fears to yourself. Fears are normal; everyone has them. So what are your fears?

Fear of...

Abandonment

Accidents

Arguments

Being alone

Being excluded

Being judged by others

Being seen as a fraud

Being single

Being unworthy/undeserving

Being wrong

Change

Commitment

Conflict

Confrontation

Deadlines

Death

Disappointment

Embarrassment

Emotional pain

Failure

Ignorance

Illness or disease

Imperfection

Letting others down

Losing a loved one

Losing your job

Loss

Making decisions

Making mistakes

Mental illness

Missing deadlines

Not achieving goals

Not being in control

Not being loved

Obstacles

Physical pain

Poverty

Public speaking

Rejection

Ridicule

Risk

Social situations

Solitude

Strangers

Success

The future

The unknown

Things you don't understand

Trusting others

Uncertainty about your future

Unfamiliar places or situations

What others think of you

*Please add any other fears that come to mind
and that aren't listed here:*



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