



“KEY CORE BELIEFS” ADDITIONAL ACTIVITIES CHAPTER 8: Identifying Fears

ACTIVITY 1: Identify the fears that bind you

What forms do fears take? Fear comes in a variety of packages for people who have low self-worth, as you can see in the table on the next two pages.

Part 1

Review the 52 fears below. Check the “Yes” box in the row that contains any fear you believe are active in your life. Once you’ve marked which are your fears, rank your fears in the “Rank” column in order of greatest intensity, with #1 being the worst fear.

YES	RANK	FEAR
		1. failure
		2. success
		3. new things—technology
		4. making a mistake
		5. rejection
		6. disapproval
		7. not being liked
		8. being made fun of
		9. public speaking
		10. being judged
		11. getting nervous in front of others
		12. making a fool of yourself
		13. disappointing others
		14. making problems or trouble for others
		15. feeling guilty
		16. feeling over-responsible
		17. not doing enough for others
		18. losing others
		19. “not being good enough”

YES	RANK	FEAR
		20. being unstable or crazy
		21. the unknown
		22. change
		23. making a decision
		24. taking a leadership role
		25. being held accountable
		26. places such as school, church, crowds, planes, or enclosed places
		27. heights above or below ground
		28. animals: snakes, rats, mice
		29. objects, guns, knives, computers
		30. people: men or women, strangers, homosexuals
		31. events: nuclear holocaust, war, crime
		32. atmosphere: dark, shadowy, gloomy, foreboding
		33. being pressured to produce
		34. explaining your behavior
		35. family member getting ill, being lost, running away
		36. injury or pain (self or others)
		37. being alone
		38. growing old alone
		39. death (self or others)
		40. disasters: fire, hurricane, tornado, lightening
		41. losing security and financial stability
		42. losing job or being fired
		43. authority figures
		44. being told what to do
		45. being embarrassed
		46. being exposed for weaknesses/failures in your past
		47. repeating mistakes from the past
		48. retirement
		49. inactivity
		50. being useless or unwanted
		51. being ignored
		52. being the "real" you

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Part 2

What do these fears say about you? In other words, how do they fit into your Negative Core Beliefs?
