FEAR INVENTORY WORKSHEET

	A	B	C	D	E	F	G	H
1	**List of all fears: Fear of being...**	**Why do I have this fear?**	**Why do I have this fear?**	**Why do I have this fear?**	**Why do I have this fear?**	**Why do I have this fear?**	**Why do I have this fear?**	**Why do I have this fear?**
2	not perfect	unwanted	alone	suicidal	dead	no God	self-reliance fails me (SRF)	
3	perfect	have to repeat	can't repeat	Failure	you'll hate me	alone	no God	SRF
4	not good enough	unliked	pain	want to use	die	no God		
5	Good enough	live up to it	can't live up to it	failure				
6	unable to work	broke	failure	hate myself	miserable	I'll use/Die	no God	SRF
7	less than model employee	fired	failure					
8	taken advantage of	used	angry	stuff feelings	miserable			
9	not being respected	not valued	won't have value	I'm nothing	hate me	I'll use/Die		
10	defective	never be fixed	pain					
11	not acknowledged	unimportant	unloved	unwanted	lonely	suicidal	no God	SRF
12	confronted	unworthy	less than	lonely	I'll use	no God	SRF	
13	underpaid	not having enough	You'll think less of me	alone				
14	not valued	less than	I'll use	no God	SRF			
15								